

Official Magazine of the United States Gymnastics Federation

USA GYMNASTICS

November/December 1986 Volume 15, No. 6

KAROLYI Charging
Towards '88

1986 Congress

The Soviets' Secret

The Battle Of The
Battement

Brazil Cup

Phoebe Mills: A Star
Beginning To Shine

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USA GYMNASTICS

November/December 1986

Volume 15, No. 6

KAROLYI Charging Towards '88

On the cover, Phoebe Mills, along with Kristin Phillips, Juliana Gomez, and Robin Carter make the nucleus of a strong Karolyi squad. (USOPF photo © 1986, by Dawn Black).

Figure 18-29



Conclusions

St. Louis hosts record-breaking meeting of the minds.

Pages 12-13

The Battle Of The Bottomend

With proper training, the bottomment can become a useful substance.



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TSEF Editorial

Page 13

Age Group	Men (%)	Women (%)
18-24	~10	~5
25-34	~15	~10
35-44	~25	~15
45-54	~35	~25
55-64	~45	~35
65-74	~55	~45
75+	~65	~55

Figure 1

Referring to the

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Page 10



Figure 1 consists of two bar charts, (a) and (b), showing the percentage of respondents for different age groups (18-24, 25-34, 35-44, 45-54, 55-64, 65+) across two categories: 'No' and 'Yes'.

Chart (a) shows the percentage of respondents for the 'No' category. The percentages are approximately: 18-24 (10%), 25-34 (15%), 35-44 (20%), 45-54 (25%), 55-64 (30%), and 65+ (35%).

Chart (b) shows the percentage of respondents for the 'Yes' category. The percentages are approximately: 18-24 (10%), 25-34 (15%), 35-44 (20%), 45-54 (25%), 55-64 (30%), and 65+ (35%).

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USIP Report

New Product Update

Figure 1 | **Flowchart of the study**

Sponsor Update

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Figure 10

Event Calendar

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Chlorinated and Aromatic

Age Group	Percentage of Respondents
18-29	85%
30-39	80%
40-49	75%
50-59	70%
60-69	65%
70-79	60%
80+	65%



The Soviets' Secret

In part II, the Soviets' training facilities harbor no secrets.

Build On

Junior boys and rhythmic gymnasts combine to make impressive showings.



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THE SEVEN PRINCIPLES OF LEADERSHIP

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Year	Population	Population	Population
1990	100	100	100
2000	100	100	100
2010	100	100	100
2020	100	100	100
2030	100	100	100
2040	100	100	100
2050	100	100	100
2060	100	100	100
2070	100	100	100
2080	100	100	100
2090	100	100	100
2100	100	100	100

Keywords: child sexual abuse; disclosure; self-blame; social support

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USCF EDITORIAL

Praise the Unsung Heroes

By Milton Janki,
FISIF Executive Director

We have just recently completed the 22nd USGF National Convention. From comments we have received, it seems this recent Congress in St. Louis was one of our best. Many changes have taken place over the years since the very first USGF Congress. Perhaps the greatest impact on our sport has been made by the numerous people who have willingly given up their personal time to help gymnastics progress. There are too many to mention, but it is appropriate that we try to identify these people.

Many of these volunteers have become interested in gymnastics through a variety of ways. Perhaps they simply saw a gymnast perform on television, attended a local competition, or even had a child or relative participate in the sport. Once they participated, they became interested enough to continue their involvement and have since helped to shape our sport's future. They have become judges, scoring assistants, meet directors, runners or flashers, equipment movers, and taken hundreds of other positions that are required to run our sport's activities, competitions, and programs. Without these people, most of our events would not take place. Equipment would not be set up at competitions and, if there was a competition, there would be no people to present when it was over.

Every time there is a competition conducted anywhere in the United States, dozens and dozens of volunteers are needed to assist and make sure these events take place. They help with the promotion, organization, transportation, decorations, ticket sales and many other aspects of each competition. How many times have we walked into a competition that is all ready

for the competition. The chairs are in place, the equipment is set up properly, the decorations are in place and all that is needed are the athletes and judges. Seldom do we think about the people who sacrificed their personal time to make sure that all of these items were taken care of so that we could conduct our symposiums event.

There are tens of thousands of gymnastics competitors that are conducted all across the country each year. Each one of these events requires a tremendous amount of volunteer support. These people are a tribute to our sport and without them, our sport would be very different. At the same time, there is another group of individuals that works just as tirelessly. These are the people who assist us in coordinating, creating, directing, and administering our many gymnastics programs. They are judges and coaches and administrators who serve on the many committees that organize and create the programs that have become so important to our sport's growth and success. It is extremely complicated to try to meet the demands of the great variety of gymnasts all across the country. Great thought and concern is given to all of the issues and questions that arise specific to our three gymnastics disciplines: men's, women's, and rhythmic. There are hundreds of people that serve on the numerous committees that assist in the administration and management of the sport. They give countless hours to our sport's direction and usually receive much more criticism than thanks. But without these individuals, we would lack the structure that allows us to progress. Their constant diligence and genuine concern could never be questioned. There are really no rewards here; only if you realize how important the work is. Then, the accomplishment of the task is the only thing that can create the satisfaction.

Continued on page 45

Tribute To A Champion

By Mike Botkin
USA Gymnastics Editor

Mary Lou Hutton retired. Before she bowed out of the competitive side of gymnastics, there was much speculation as to her participation in the 1988 Olympics. Now there is none.

What can be said about a gymnast who changed the entire atmosphere of gymnastics in the United States? In that golden moment in the summer of 1984, she vaulted her way into the hearts of millions of people worldwide who, if they weren't before, were gymnastics fans after she hopped and waved her way back to the sidelines after receiving a second 10.00.

Oh, and that smile. America would come to know that smile better than their own in years following the Olympics. But, in that moment after she had secured the gold all-around medal, it epitomized what the Olympics were all about. America was finally a winner.

When she was younger, she was a wild gymnast. It was at a Junior meet in Colorado Springs where her eventual coach Bela Karolyi first noticed her. "Oh, she was falling all over the place, especially beam. I thought, this kid has no discipline, but I could tell she was very talented though."

But what the coach did not see was a fiery determination that was to become her trademark. "She didn't get upset when she fell, she got mad. I could see the competitive fire in her eyes. Nadia (Comăneci) had the same kind of desire and that's what made her a great champion," said Karolyi.

Karolyi, a winner and Mary Lou developed into a great winner under his strict guidance. The year before the '84 Games, Mary Lou was every meet she entered including the Championships of the USA and Olympic Trials.

To us, her success was incredible considering her only international experience was in the Chunichi Cup in 1983, which she won. In fact, she became the first, and only, American to win the prestigious event.

There was a special bond between Mary Lou and her coach. "I have never been so close to a gymnast as I was to Mary Lou," said Karolyi. "She was very open, which made it easy for me to coach. Her emotions were like an open book. You know exactly where you stood with her." Karolyi and Hutton still maintain close contact, by phone, with neither leaving the time to sit down and write letters. "Oh, she calls me about her dog, her school, and everything. She is still the same Mary Lou."



EDITOR'S NOTE

Soon, the whole nation came to know her, not as the girle gymnast who made a country proud, but as a media star. Her face and name became as common as the products she endorsed. Her busy promotional schedule kept her out of the gym, which kept her out of competitions. She did come back long enough to win her unprecedented third American Cup title which was amazing considering her schedule.

Because of her commercial success, she became a fixed figure in America's eye and the exposure she received was unprecedented for a gymnast. Her name was battered about by the press and her popularity waned.



But to the gymnastics community, these thousands of little girls who still dream of someday becoming like Mary Lou, the dream still lives. She is our only all-around Olympic champion and, despite all of the controversy that surrounded her active commercial endorsement schedule, she remains an Olympic champion and should be treated as such. She changed the course of gymnastics in America. She was a major part of the overnight growth the sport is still enjoying. She is the reason clubs had to create waiting lists for little girls who were suddenly interested in gymnastics.

So now she's out of competitive gymnastics and it's time to get on with the rest of her life. The Mary Lou publicity fever is dying. Her fitness albums are now on sale for \$1.99. Her television commercials, which once seemed to dominate the airwaves, are now seldom seen. Now is the perfect time for

us to look back and remember those emotional and patriotic moments she provided during the summer of 1984.

Today, more than ever, we need to say, "Thank you Mary Lou. You're still special with us."



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RSG Camp Outstanding Success

Dear Editor:

As a head coach for the Class I Rhythmic Gymnastics Developmental Camp that was held at the Olympic Training Center (OTC), Colorado Springs Aug. 14 - Aug. 21, I feel an obligation to write a short non-official report. On a scale from 1 to 10 it was 9-plus (I always leave room for improvement). Seriously, the organization, coaching and atmosphere were outstanding.

The gymnasts (35 of them) were extremely well behaved, very enthusiastic and receptive, and always on time. The schedule was hectic. Instructions (twice daily) were in ballet, modern dance, special conditioning, general conditioning, character dance, equipment work, seminars on judging, nutrition, etc. And still we could see "hungry eyes." They wanted more. To see so much love for the sport was a pleasure.

It is my duty and pleasure to acknowledge Maureen Broderick for the outstanding job of organizing the camp and keeping everything going smoothly. I strongly feel that without her exceptional organizational talent we wouldn't have had such a great camp. She indeed deserves a round of applause.

The staff consisted of the guest coach from Japan - Yukiko Takeuchi - what a delightful lady she is! Kids just loved her enthusiasm, deep knowledge of rhythmic gymnastics and her creativity and wonderful way of teaching.

Betty LeBlanc - her deep knowledge in nutrition, and special conditioning made the girls aware of the proper ways to diet. She made every effort to have the OTC clinic available for our gymnasts to take tests and work with the nutritionist. They went home with

much knowledge on nutrition and conditioning. Joie Barrotta is vibrant and alive. She taught great classes in ballet and body alignment. Kathy Byrm is an excellent teacher with superior knowledge in rhythmic gymnastics.

So as you can see, we couldn't go wrong with a staff like that.

I would like to thank you very much for supporting the sport of rhythmic gymnastics, the sport I love so very much.

Truly Yours,

Marina Dorodich

PS. Looking forward to the next years/camp.

The State Meet

Dear Editor:

My name is Kym Manchester. I am 14 years old and I live in Bremerton, Washington. I was recently in the Class III state meet.

I wrote a poem about the state meet and I was hoping you would enter it in USA Gymnastics.

Here me and my team sit and wait,
For the results of the most important called "State"
We've waited for this day for so long.

We kept our courage and we stayed strong.

During the meet we did our best,
And so we now, so did the rest.
My coach said "Be have fun,"
But our main goal was to be No. 1.
Well here they come,

the results are in,
And to our disappointment
we didn't WIN.

We tried to smile and not look sad,
Cause No. 2 isn't that bad.
Our coach said that we did great,
And after that we went out
and stee!!

By Kym Manchester
Bremerton, Washington

Get It Straight

Dear Editor:

I was sorry to see, once again, your confusion over the very talented Joyce Wilborn and Angie Denkins in your last two issues of USA Gymnastics.

Joyce Wilborn, from NORTH STARS, trains in Fairfield, New Jersey under the direction of Tony Gehman and Sheila Lehner. Joyce received the bronze medal at the Goodwill Games. Joyce is the national vaulting champion and she is ranked third in the U.S. Joyce placed second all-around and first on floor at the Pacific Alliance Meet in Mexico.

Angie Denkins, from WILLMOOR, trains in Willingboro, New Jersey, under the direction of Luis Mangrove. Angie is the beam champion for the USA.

I do not understand how you can confuse these two, hard working, talented gymnasts twice! These girls, their coaches, and their clubs deserve the proper recognition. They have worked so very hard that you owe it to them to properly investigate your information. One mistake is understandable. Two mistakes (in a row) is unforgivable.

Thank you,
Cathy Finkel
State Director-NJ

Editor's Note: I would like to apologize for the confusion involving these two fine gymnasts. They are as popular in this office as they are in their respective gyms or while at international competitions. Again, USA Gymnastics apologizes for this error.

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Having children is very traumatic as most parents know. Trying to interpret their garbled language often times is even more traumatic. Add to that an attempt to understand their perception of things, and it's sometimes downright impossible. You would swear they have been cracking their craniums, instead of coloring with them.

I experienced a recent revival of the "perception gap" which exists between my children and me, when one of my kids (who will remain unnamed to protect the innocent) asked me why so many songs talked about "standing on your liver." Luckily, I was not driv-

Stand On Your Liver

By Robert Cowan
Men's Program Administrator

20 years of coaching speeches and my philosophy about life, winning and devotion into words, began to take the initiative and explain to me what "standing on your liver" means.

He said, "Doesn't it mean that you finish what you start? Like if I go out for the team, I stay all season? If I sign up for a meet, I get in the best shape possible and compete my very hardest? If I promise some kid at school a baseball card, 'cause I think I've got dupes (extras) and then I find out I only have one of Hank Aaron, I still give it to him? Doesn't it mean keeping your word, Dad? Huh? Isn't that it?"



ing or drinking anything at the time. Or worse, driving and drinking, as I simply sat with mouth agape and attempted to fathom this one out, before blurted out a very intelligent sounding . . . "WHAT DID YOU SAY?"

After some very calm (I was very proud of myself) attempts at arriving at more information on which to base my answer, I gleaned that he was referring to the lines from two songs. One is the theme song from *Jeepers of the Nile* and the other is a title of a song by Mr. Mister. What he was referring to was "Stand and Deliver." In both instances, the subject is referring to honoring a commitment, standing up for something, making your word count, etc.

Now, I have so far in my short time as a parent explained

- "What makes it rain, Daddy?"
- "Why do the firetrucks come out different colors, Daddy?"
- "When you clean the refrigerator, where does the light go?"
- "How does the thermostat know the difference between hot things and cold things?"
- Etc, etc, etc.

I was really concerned about this one. We have not gotten to the birds and the bees, yet. But teaching a child about commitment can be real tough. It is one of those things best learned by doing, not hearing. It has to be experienced to be understood. You know what I mean?

Imagine, then, my delight when my child, after seeing my stumbling attempt to put all my

My mind was answering him, but my throat was so full of my heart that no sound would come out YES/YES! that's it! Out of the mouths of babes, as they say. Simplicity. Honoring a commitment. Keeping your word. Putting up or shutting up. **STANDING ON YOUR LIVER!**

We are constantly criticized by other nations because of the American penchant for "rising to the occasion" with "one for the Gipper" speeches and relying on natural athletes with great gifts of talent to do the job for us. The Soviet Union boasts that they have less natural talent than any other nation (not necessarily a thing I would brag about) and that they must develop their athletes from the raw.

Continued on page 43

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A MEETING OF THE MINDS



**New Faces,
Veterans gather
in St. Louis.**

By Mike Botkin

The "Gateway to the West," St. Louis, was the site for the 32nd annual USGF Congress. It was in the shadow of the Arch that a record-setting 1,200 gymnastics professionals gathered for a weekend of positive information sharing.

"I think if you had to sum it all up, this is the first Congress I can remember where the participants came in with such a broad, positive attitude," said Mike Jacki, executive director of the USGF. "I thought everybody went home enriched and full of enthusiasm," shared Cheryl Grace, assistant executive director.

There were many new faces involved in this year's Congress presentations. Many long-time Congress attendees were given their first opportunity to pass on their knowledge to fellow coaches. More than 60 different topics and subjects were covered during the four-day event.

But it wasn't just the new blood that added a special spark to this year's gathering. Sessions by veterans, such as Jenkie Pie and Delene Darns, on international protocol for judges and coaches, kept overflow crowds riveted with interest. Bela Karolyi shared his thoughts on how the Romanian team and officials viewed the Americans when they came to town. More than 38 hours of lectures and demonstrations were targeted for men's coaches and judges. And, as always, Kathy Johnson captivated coaches, judges and athletes alike with her inspirational seminar on motivation.

The enthusiasm at the Congress points to one thing: the excitement in building for 1998.

The swelling of pride and emotion was capped by the awards banquet, at which our sport's best and brightest were honored. A short video presentation, set to music, recalled the moments of triumph at the 1994 Olympics. Its message was simple — to work hard and to work together as Team USA prepares for 1998.

To become the very best in the goal of every athlete. To be named as the best by a vote of your peers, often ranks higher than personal triumph. A highlight of this, and every, Congress is the presentation of the athlete of the year and coach of the year awards. To honor the best and to celebrate their achievements provides a goal for every gymnast to strive for.

Among those honored at the final awards banquet for their contributions to the sport were Jennifer Sey and her coach Donna Strauss, Tim Daggett, his coach Yefim Furman, and Diane Simpson. Rhythmic coach Alla Svirsky was also honored.

Almost one year ago, Sey suffered a severe injury that could have ended her gymnastics career. Instead, the determined 17-year-old came back to become not only the 1986 senior Women's National Champion, but also to be named "Women's Gymnast Of The Year."

She was voted gymnast of the year by her peers, the U.S. national team members. Sey's coach, Strauss, was voted "Women's Coach Of The Year" by other national coaches. Strauss, with her husband, Bill, are head coaches at the Parrott Club in Allentown, Pa.

(For a copy of the Congress video of Olympic highlights, plus two other mass-gymnastics videos, send \$15.95 to the USGF's Merchandising Department. Ask for "USGF Movie Videos," order #2001. Proceeds will go toward the training of the U.S. National Team.)

SEY, DAGGETT, SIMPSON, NAMED GYMNASTS OF THE YEAR

By Susan Polakoff



town, Pa. Not only do the Strauss' coach Sey, but national team members Hope Sproy (second ranked) and Alyssa Solomon (fourth ranked).

1984 Olympian Tim Daggett was voted "Men's Gymnast Of The Year." Daggett, the 1986 Men's National All-Around Champion, graduated recently from UCLA. His coach, Yefim Furman, was named "Men's Coach Of The Year."

Daggett, 24, is training full-time for the 1986 Olympics. "This is one of the few times you'll see me in a suit," Daggett told the crowd after accepting his award. "I'll be working out in the gym most of the time from now until 1988."

Furman, a Soviet emigrant who recently obtained his U.S. citizen-

ship, is assistant gymnastics coach at UCLA. He was a Soviet National Team member in the early 1970s.

Diane Simpson, 17, from Evanston, Ill., was named "Rhythmic Gymnast Of The Year." Her most recent victory came this summer in Houston, Texas, at the U.S. Olympic Festival, where she defeated defending Festival champion Marina Kuryavsky. She finished 18th in the all-around at the Goodwill Games, the highest U.S. finish in rhythmic gymnastics. Simpson is coached by Irina Vidovets of Illinois Rhythmics.

"Rhythmic Coach Of The Year" was Alla Svirsky of the successful LA Lights Club in Los Angeles. (Svirsky coaches National Champion Kuryavsky.)

Four Inducted Into Hall Of Fame

During a special ceremony at the 1986 Congress banquet, four distinguished members of the gymnastics community were honored with gymnastics highest award being inducted into the Gymnastics Hall of Fame.

For accomplishments and service to the community Barbara Galleher Torrey, Vernice Edwards, Kresztina "Ernie" Weneer and Makoto Sakamoto received the award.

Dr. Bill Sands, a leading gymnastics researcher, was presented the Richard Dick' Grosser Award, Grosser, who passed away last year, was a leading innovator of gymnastics equipment and is responsible for the great progress gymnasts have been able to make.

Every year the Federation cites individuals for their contributions to the sport and this year four worthy candidates were honored. Distinguished Service Awards went to Sue Amstutzman, Bob Krentzner, Gary Alexander and Tim Gardner.

St. Louis Chosen As Site Of 1987 USGF Congress

Due to the positive remarks and overall success of the 1986 USGF Congress, the 1987 version of the USGF Congress will return to St. Louis and the Adams Mark Hotel. October 1-4 has been set. For updated information, consult future issues of USA Gymnastics magazine.

BEE POLLEN: DON'T GET STUNG



By James J. Campbell, M.D.

Member, U.S.G.F. Sportsmedicine Committee

A very serious young athlete wants to do as much as he or she can to achieve perfection in sport. Unfortunately, companies and individual promoters know this all too well, and are quite willing to exploit these desires with unfounded claims that their products have unique properties that provide a competitive edge.

Such is the case with recent promotions of bee pollen products, which not only do not live up to their claims, but may actually pose very serious health hazards to unwary athletes. One company has made direct appeals to the gymnastics community regarding its pollen products.

Promoters claim that athletes can increase energy, strength, and stamina by the use of a bee pollen product. Of course, substantiation of this claim is not offered by reference to scientifically conducted studies. In fact, there is only one valid study on this subject in recent scientific literature. This study is cited by G. Lousmann,¹ and was conducted

over a two-year period by the National Athletic Trainer's Association. It was done in a prospective, double-blind manner (a planned-ahead study, in which neither the researchers nor the users of the products know who is using the pollen until the results are analyzed). The study concluded that no differences could be discerned between users and non-users in performance, metabolism, or workout training. So much for the "performance edge."

Approximately 35-40 years ago, oral consumption of pollens was used by allergists as therapy for various allergies. The practice has been a common home remedy for allergy for many years. It is thus not surprising that the "health food" industry has promoted the use of pollen. Although the use of oral allergens persists among a minority of practitioners, consumption of pollens has been abandoned by most contemporary allergists. One of the reasons for this was the high incidence of side-effects. Fomberg, et al.,² cited gastrointestinal symptoms and

discomforts in 23 percent of the users, and asthma attacks in 3-6 percent. Eight percent of the subjects actually acquired new allergies! This experience points to a variety of undesirable consequences of pollen consumption, which would not seem to be healthful, much less advantageous, to an athlete.

But don't count on the promoters to tell you about any of this. Indeed, popular books and pamphlets^{3,4} (some produced and distributed by manufacturers) go out of their way to emphasize the safety of pollen. Some have claimed that its process eliminated the possibility of allergic reactions. This claim is met with skepticism by Verne Tylan, Ph.D., a plant expert and pharmacologist at Purdue University. He points out that even small components of pollen are capable of inducing allergic reactions.

The most serious allergic reaction possible is anaphylaxis. This refers to an event in which exposure to a substance causes a rapid reaction leading to a loss of blood pressure, swelling of the airway, respiratory distress, and death in some circumstances, such a reaction can become intense within a matter of a few minutes. At least four such reactions to bee pollen have been reported in the medical literature.^{5,6} In one case, the reaction began 15 minutes after ingestion of the bee pollen. Within 30 minutes, treatment with intravenous medication was necessary to maintain a normal blood pressure. The individual had to be admitted to the hospital.

In a trip to the local supermarket and a few health-food outlets, inspecting a variety of bee pollen offerings, I noted that there were no warnings about these

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health hazards on any of the products. Another interesting observation was the price that one is asked to pay for the questionable benefits of bee pollen. On average, the price demanded was approximately \$19.00 per pound, which makes it one of the most expensive "foods" available. One cannot compare the nutritional value to other foods, because the manufacturers (of course) do not give a nutritional analysis on their packages. It would seem safe to say, however, that an athlete could find less expensive sources of good nutrition. Tablet forms and pollen/vitamin combinations were not any bargain either, generally exceeding other products in price by two to three times. On the other hand, one can easily see why the manufacturers and promoters are so excited by these products.

In summary, there are many reasons to be wary of bee pollen:

- 1) If you already have allergies, these products may be extremely dangerous for you.
- 2) If you do not have allergies, it is nonetheless possible to suffer a variety of side effects, and you should be aware of these.
- 3) It is possible to develop allergies with use of these products.
- 4) Claims made for unique nutritional properties of bee pollen are not substantiated.
- 5) Claims made for unique benefits to athletes are also not substantiated, and have been refuted in a scientific study.

My advice: don't get stung!

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Age/sex Group		10-14	15-18	19-24	25-34	35-44	45-54	55-64	65-74	75-84	85-94	95-104	105-114	115-124	125-134	135-144	145-154	155-164	165-174	175-184	185-194	195-204	205-214	215-224	225-234	235-244	245-254	255-264	265-274	275-284	285-294	295-304	305-314	315-324	325-334	335-344	345-354	355-364	365-374	375-384	385-394	395-404	405-414	415-424	425-434	435-444	445-454	455-464	465-474	475-484	485-494	495-504	505-514	515-524	525-534	535-544	545-554	555-564	565-574	575-584	585-594	595-604	605-614	615-624	625-634	635-644	645-654	655-664	665-674	675-684	685-694	695-704	705-714	715-724	725-734	735-744	745-754	755-764	765-774	775-784	785-794	795-804	805-814	815-824	825-834	835-844	845-854	855-864	865-874	875-884	885-894	895-904	905-914	915-924	925-934	935-944	945-954	955-964	965-974	975-984	985-994	995-1004	1005-1014	1015-1024	1025-1034	1035-1044	1045-1054	1055-1064	1065-1074	1075-1084	1085-1094	1095-1104	1105-1114	1115-1124	1125-1134	1135-1144	1145-1154	1155-1164	1165-1174	1175-1184	1185-1194	1195-1204	1205-1214	1215-1224	1225-1234	1235-1244	1245-1254	1255-1264	1265-1274	1275-1284	1285-1294	1295-1304	1305-1314	1315-1324	1325-1334	1335-1344	1345-1354	1355-1364	1365-1374	1375-1384	1385-1394	1395-1404	1405-1414	1415-1424	1425-1434	1435-1444	1445-1454	1455-1464	1465-1474	1475-1484	1485-1494	1495-1504	1505-1514	1515-1524	1525-1534	1535-1544	1545-1554	1555-1564	1565-1574	1575-1584	1585-1594	1595-1604	1605-1614	1615-1624	1625-1634	1635-1644	1645-1654	1655-1664	1665-1674	1675-1684	1685-1694	1695-1704	1705-1714	1715-1724	1725-1734	1735-1744	1745-1754	1755-1764	1765-1774	1775-1784	1785-1794	1795-1804	1805-1814	1815-1824	1825-1834	1835-1844	1845-1854	1855-1864	1865-1874	1875-1884	1885-1894	1895-1904	1905-1914	1915-1924	1925-1934	1935-1944	1945-1954	1955-1964	1965-1974	1975-1984	1985-1994	1995-2004	2005-2014	2015-2024	2025-2034	2035-2044	2045-2054	2055-2064	2065-2074	2075-2084	2085-2094	2095-2104	2105-2114	2115-2124	2125-2134	2135-2144	2145-2154	2155-2164	2165-2174	2175-2184	2185-2194	2195-2204	2205-2214	2215-2224	2225-2234	2235-2244	2245-2254	2255-2264	2265-2274	2275-2284	2285-2294	2295-2304	2305-2314	2315-2324	2325-2334	2335-2344	2345-2354	2355-2364	2365-2374	2375-2384	2385-2394	2395-2404	2405-2414	2415-2424	2425-2434	2435-2444	2445-2454	2455-2464	2465-2474	2475-2484	2485-2494	2495-2504	2505-2514	2515-2524	2525-2534	2535-2544	2545-2554	2555-2564	2565-2574	2575-2584	2585-2594	2595-2604	2605-2614	2615-2624	2625-2634	2635-2644	2645-2654	2655-2664	2665-2674	2675-2684	2685-2694	2695-2704	2705-2714	2715-2724	2725-2734	2735-2744	2745-2754	2755-2764	2765-2774	2775-2784	2785-2794	2795-2804	2805-2814	2815-2824	2825-2834	2835-2844	2845-2854	2855-2864	2865-2874	2875-2884	2885-2894	2895-2904	2905-2914	2915-2924	2925-2934	2935-2944	2945-2954	2955-2964	2965-2974	2975-2984	2985-2994	2995-3004	3005-3014	3015-3024	3025-3034	3035-3044	3045-3054	3055-3064	3065-3074	3075-3084	3085-3094	3095-3104	3105-3114	3115-3124	3125-3134	3135-3144	3145-3154	3155-3164	3165-3174	3175-3184	3185-3194	3195-3204	3205-3214	3215-3224	3225-3234	3235-3244	3245-3254	3255-3264	3265-3274	3275-3284	3285-3294	3295-3304	3305-3314	3315-3324	3325-3334	3335-3344	3345-3354	3355-3364	3365-3374	3375-3384	3385-3394	3395-3404	3405-3414	3415-3424	3425-3434	3435-3444	3445-3454	3455-3464	3465-3474	3475-3484	3485-3494	3495-3504	3505-3514	3515-3524	3525-3534	3535-3544	3545-3554	3555-3564	3565-3574	3575-3584	3585-3594	3595-3604	3605-3614	3615-3624	3625-3634	3635-3644	3645-3654	3655-3664	3665-3674	3675-3684	3685-3694	3695-3704	3705-3714	3715-3724	3725-3734	3735-3744	3745-3754	3755-3764	3765-3774	3775-3784	3785-3794	3795-3804	3805-3814	3815-3824	3825-3834	3835-3844	3845-3854	3855-3864	3865-3874	3875-3884	3885-3894	3895-3904	3905-3914	3915-3924	3925-3934	3935-3944	3945-3954	3955-3964	3965-3974	3975-3984	3985-3994	3995-4004	4005-4014	4015-4024	4025-4034	4035-4044	4045-4054	4055-4064	4065-4074	4075-4084	4085-4094	4095-4104	4105-4114	4115-4124	4125-4134	4135-4144	4145-4154	4155-4164	4165-4174	4175-4184	4185-4194	4195-4204	4205-4214	4215-4224	4225-4234	4235-4244	4245-4254	4255-4264	4265-4274	4275-4284	4285-4294	4295-4304	4305-4314	4315-4324	4325-4334	4335-4344	4345-4354	4355-4364	4365-4374	4375-4384	4385-4394	4395-4404	4405-4414	4415-4424	4425-4434	4435-4444	4445-4454	4455-4464	4465-4474	4475-4484	4485-4494	4495-4504	4505-4514	4515-4524	4525-4534	4535-4544	4545-4554	4555-4564	4565-4574	4575-4584	4585-4594	4595-4604	4605-4614	4615-4624	4625-4634	4635-4644	4645-4654	4655-4664	4665-4674	4675-4684	4685-4694	4695-4704	4705-4714	4715-4724	4725-4734	4735-4744	4745-4754	4755-4764	4765-4774	4775-4784	4785-4794	4795-4804	4805-4814	4815-4824	4825-4834	4835-4844	4845-4854	4855-4864	4865-4874	4875-4884	4885-4894	4895-4904	4905-4914	4915-4924	4925-4934	4935-4944	4945-4954	4955-4964	4965-4974	4975-4984	4985-4994	4995-5004	5005-5014	5015-5024	5025-5034	5035-5044	5045-5054	5055-5064	5065-5074	5075-5084	5085-5094	5095-5104	5105-5114	5115-5124	5125-5134	5135-5144	5145-5154	5155-5164	5165-5174	5175-5184	5185-5194	5195-5204	5205-5214	5215-5224	5225-5234	5235-5244	5245-5254	5255-5264	5265-5274	5275-5284	5285-5294	5295-5304	5305-5314	5315-5324	5325-5334	5335-5344	5345-5354	5355-5364	5365-5374	5375-5384	5385-5394	5395-5404	5405-5414	5415-5424	5425-5434	5435-5444	5445-5454	5455-5464	5465-5474	5475-5484	5485-5494	5495-5504	5505-5514	5515-5524	5525-5534	5535-5544	5545-5554	5555-5564	5565-5574	5575-5584	5585-5594	5595-5604	5605-5614	5615-5624	5625-5634	5635-5644	5645-5654	5655-5664	5665-5674	5675-5684	5685-5694	5695-5704	5705-5714	5715-5724	5725-5734	5735-5744	5745-5754	5755-5764	5765-5774	5775-5784	5785-5794	5795-5804	5805-5814	5815-5824	5825-5834	5835-5844	5845-5854	5855-5864	5865-5874	5875-5884	5885-5894	5895-5904	5905-5914	5915-5924	5925-5934	5935-5944	5945-5954	5955-5964	5965-5974	5975-5984	5985-5994	5995-6004	6005-6014	6015-6024	6025-6034	6035-6044	6045-6054	6055-6064	6065-6074	6075-6084	6085-6094	6095-6104	6105-6114	6115-6124	6125-6134	6135-6144	6145-6154	6155-6164	6165-6174	6175-6184	6185-6194	6195-6204	6205-6214	6215-6224	6225-6234	6235-6244	6245-6254	6255-6264	6265-6274	6275-6284	6285-6294	6295-6304	6305-6314	6315-6324	6325-6334	6335-6344	6345-6354	6355-6364	6365-6374	6375-6384	6385-6394	6395-6404	6405-6414	6415-6424	6425-6434	6435-6444	6445-6454	6455-6464	6465-6474	6475-6484	6485-6494	6495-6504	6505-6514	6515-6524	6525-6534	6535-6544	6545-6554	6555-6564	6565-6574	6575-6584	6585-6594	6595-6604	6605-6614	6615-6624	6625-6634	6635-6644	6645-6654	6655-6664	6665-6674	6675-6684	6685-6694	6695-6704	6705-6714	6715-6724	6725-6734	6735-6744	6745-6754	6755-6764	6765-6774	6775-6784	6785-6794	6795-6804	6805-6814	6815-6824	6825-6834	6835-6844	6845-6854	6855-6864	6865-6874	6875-6884	6885-6894	6895-6904	6905-6914	6915-6924	6925-6934	6935-6944	6945-6954	6955-6964	6965-6974	6975-6984	6985-6994	6995-7004	7005-7014	7015-7024	7025-7034	7035-7044	7045-7054	7055-7064	7065-7074	7075-7084	7085-7094	7095-7104	7105-7114	7115-7124	7125-7134	7135-7144	7145-7154	7155-7164	7165-7174	7175-7184	7185-7194	7195-7204	7205-7214	7215-7224	7225-7234	7235-7244	7245-7254	7255-7264	7265-7274	7275-7284	7285-7294	7295-7304	7305-7314	7315-7324	7325-7334	7335-7344	7345-7354	7355-7364	7365-7374	7375-7384	7385-7394	7395-7404	7405-7414	7415-7424	7425-7434	7435-7444	7445-7454	7455-7464	7465-7474	7475-7484	7485-7494	7495-7504	7505-7514	7515-7524	7525-7534	7535-7544	7545-7554	7555-7564	7565-7574	7575-7584	7585-7594	7595-7604	7605-7614	7615-7624	7625-7634	7635-7644	7645-7654	7655-7664	7665-7674	7675-7684	7685-7694	7695-7704	7705-7714	7715-7724	7725-7734	7735-7744	7745-7754	7755-7764	7765-7774	7775-7784	7785-7794	7795-7804	7805-7814	7815-7824	7825-7834	7835-7844	7845-7854	7855-7864	7865-7874	7875-7884	7885-7894	7895-7904	7905-7914	7915-7924	7925-7934	7935-7944	7945-7954	7955-7964	7965-7974	7975-7984	7985-7994	7995-8004	8005-8014	8015-8024	8025-8034	8035-8044	8045-8054	8055-8064	8065-8074	8075-8084	8085-8094	8095-8104	8105-8114	8115-8124	8125-8134	8135-8144	8145-8154	8155-8164	8165-8174	8175-8184	8185-8194	8195-8204	8205-8214	8215-8224	8225-8234	8235-8244	8245-8254	8255-8264	8265-8274	8275-8284	8285-8294	8295-8304	8305-8314	8315-8324	8325-8334	8335-8344	8345-8354	8355-8364	8365-8374	8375-8384	8385-8394	8395-8404	8405-8414	8415-8424	8425-8434	8435-8444	8445-8454	8455-8464	8465-8474	8475-8484	8485-8494	8495-8504	8505-8514	8515-8524	8525-8534	8535-8544	8545-8554	8555-8564	8565-8574	8575-8584	8585-8594	8595-8604	8605-8614	8615-8624	8625-8634	8635-8644	8645-8654	8655-8664	8665-8674	8675-8684	8685-8694	8695-8704	8705-8714	8715-8724	8725-8734	8735-8744	8745-8754	8755-8764	8765-8774	8775-8784	8785-8794	8795-8804	8805-8814	8815-8824	8825-8834	8835-8844	8845-8854	8855-8864	8865-8874	8875-8884	8885-8894	8895-8904	8905-8914	8915-8924	8925-8934	8935-8944	8945-8954	8955-8964	8965-8974	8975-8984	89
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Junior Boys Hold Their Own

By Ed Burch

The 1986 Brazil Cup began in Porto Alegre, Brazil, August 5. Competition was between a U.S. team consisting of Mike Chaplin, Chaimy Umphrey, and Ted Dumas (all from Albuquerque, NM), a West German team, two Brazilian teams, and Vary Pineda, the lone competitor from Mexico. This meet lasted 3½ hours, due in great part to poor judging. This made the meet very long, and was reflected in the final team results: USA - 3rd, West Germany - 2nd, and Brazil - team champions. It also had tremendous impact on the all-around and individual event results.

The second competition was to be held in Curitiba, but was cancelled due to faulty equipment. Instead, the

gymnasts performed in exhibition before the crowd of 2,000, with only the U.S. team performing full routines on five events (no parallel bars).

The individual finals were held in São Paulo before a very appreciative crowd of about 2,000. This session was marred by a West German equipment protest that resulted in the removal and replacement of the parallel bars and horizontal bar, just 30 minutes prior to competition.

Floor Exercises: All of the skills performed by the U.S. were well executed, but the all-too-numerous 0.1 and 0.2 landing deductions prevented the boys from scoring well. In addition, some problems in officiating led to scores that did not necessarily accurately reflect the quality of the performances. Skills performed included three full-in back acts (two by the U.S.), double layout, one Arabian double front, and many full punch fronts done to pick up the cheap "D."

Pommel Horse: Germany showed the best pommel horse work in terms of speed and execution. Pineda was the best individual performer, with his beautiful flair and full pommel horse dominant. He did seem to be excessive in the amount of flair work in his routine, however. There were many pommel Russians performed in routines for the "D" value, and everyone finished with some form of straddled handstand dismount. Chaplin was the best U.S. performer, and Umphrey also did quite well, but both needed a significant improvement in their difficulty levels. One major point of emphasis was seen in the development of piked handstand work.

Still Rings: The U.S. team was far superior on this event, but the scores did not reflect this fact. All of the gymnasts had at least two Ds, including Timasovskii (double whip-pot), whippet swing handstand, and a double layout. Chaplin's Yama-waki to kagamari back up-rise handstand was most impressive.

Youth: The U.S. team was very good in this event. Chaplin's one arm pike handspring front, Umphrey's tucked curve, and Dumas' cartwheel pike front were well done and stood out from the large number of very stock vaults. One Brazilian did execute a truly outstanding cartwheel-pike straddle and salto. **Parallel Bars:** This was the worst event for the U.S. team, and, in general, was not very good.



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There were some good skills performed, and one Brazilian did Dagador to Healy to swing handstand to Arabian double front dismount. Otherwise, there was little of note. Very poor equipment here did not help. **Horizontal Bar:** The only outstanding performer on this event was Pineda. There were many Gomers and one reverse back attempted, as well as a very poorly executed one arm Gerger. All in all, the event featured very lackluster performances.



Junior gymnast Mike Chaplin was a steady competitor for the boys. Even though they placed third, the boys made a good showing for themselves.



8 6 L CUP

Knight A Real Charmer

By Dr. Annelis Strange
Hoyman

Three very tired gymnasts arrived in Londrina, Brazil, after a very long trip. They were senior gymnast Ingrid Knight and junior gymnasts Jennifer Knight and Tammy

Jospen. They were to participate in the II Brazil Cup for RSG which was held during the week of July 25-30, 1988, in the two cities of Londrina and Campinas.

Since the United States was the only country of several invited to accept the invitation, the event turned out to be a dual meet between the United States and Brazil.

Competition began with the rope and ball events alternating. The level of difficulty for the competition was quite varied, which could be expected, as the ages of the gymnasts ranged from 14-22 years of age. The highest score given in the rope event was 9.00, achieved by Rosario Pavella, the Brazilian 1984 Olympian, who was decidedly the best gymnast in ball and clubs as well. Ingrid Knight did very well and tied for second.

The marks given for the ball event were slightly lower, some of the best gymnasts caught all very high scores with two hands or bent arms, or used a wrist grip. Pavella was again the top scorer, followed closely by Knight who executed her original routine very well and in a playful manner.

The clubs event proved to be the most difficult for this particular group of gymnasts. Only three gymnasts managed to finish their routines without a single drop, and some had as many as three and four drops. Pavella received the only score above 9.00 (9.625). Her catches were perfect, except one when she was



Members of the Brazil Cup delegation for RSG are (from the left), Magda Schuster, Ingrid Knight, Jennifer Knight and Tammy Jospen.

in a position on the floor while catching.

The ribbon event finally allowed one of the Lopes gymnasts to score slightly higher than Pavella (9.625), while Knight only trailed the latter by 0.05. The ribbon patterns were often not distinct enough and the catches poor for many of the gymnasts.

Eleven gymnasts qualified for the finals with Pavella, Ana Paula Lopes and Knight each qualifying for all four events. The finals took place the same evening, and, as expected, Pavella walked away with all the gold medals, including the all-around. Knight was the proud winner of four silver medals for rope, ball, ribbon and all-around. Her club routine ruined her record due to no less than three drops, two of which occurred at the very beginning.

Since the participants in Campinas were all the same as in Londrina, except that the Anacleto Club was replaced by the GRD Club from Rio de Janeiro, we expected more or less a repetition of the outcome.

Pavella was again the all-around champion, but Francine Bust from

the GRD Club took second, and Knight third. Due to an injury, Pavella was scratched from the finals, and first place was up for grabs with Bust, Knight, Magalhães and Pedreira fighting for it. Knight was the champion in the rope event, followed by Bust and Pedreira.

The champion in the ball event was Bust with Magalhães 0.1 behind her, and Knight .02 behind in clubs. Pedreira's exciting and fast routine with its many high tosses and perfect rolls earned her a 9.65 at the finals and the first place, while Bust was second and Magalhães third. The champion in ribbon was Knight.

There was still one gold medal to be handed out to "the most charming gymnast" at the championships, and the U.S.'s Knight won.

In the team competition Pavella's club took the gold medal with a total of (140 800) points; the silver medal was captured by Magalhães and Pedreira for their club (138 300), and the bronze medal went to the U.S., who was only .65 behind (138 250).

KAROLYI

CHARGING TOWARDS '88

EDITOR'S NOTE:

During the past two years, *USA Gymnastics* has run features on some of our nation's top coaches and programs: Abie Grossfeld, Don Peters, Bill and Donna Struss's Perfect-tee. These features have all been about winners—professionals dedicated to training and preparing athletes who win.

In this issue, our cover story is about yet another winner, a coach whose record speaks for itself.

From 1974 to 1986, in Olympic and World Championship competition alone, gymnasts trained and prepared by Bela Karolyi have helped win 1 gold and 4 silver team medals, while snaring 24 individual event medals—9 gold, 6 silver and 12 bronze.

USA Gymnastics thought its readers would be interested in learning more about the man behind these achievements.

*Featuring photos by Don
Huck (USGP photo
— 1986)*



TRADITIONS

By Mike Botkin

There is a poetic match between Bela Karolyi and Texas. Both have a mysterious aura about them and both are deep-rooted with a rich tradition. As the people of Texas will readily admit, they are proud of their traditions and want to preserve it. The same is true of Karolyi.

"I was lucky to be born in the part of the world which was a very culturally advanced part of Europe, Transylvania," said Karolyi. "I come from a mixture of many, many different cultures (Transylvanian, Austro-Hungarian and Romanian). Transylvania has a lot of traditions with a lot of old culture which are kept with great enthusiasm, not just by the older people but by the young generation, too.

"One of these traditions belongs to physical education," he said. Because his native land was a small country, generations ago the people were urged to keep physically fit for defense purposes. Later, while part of the Austro-Hungarian Empire, Transylvanian physical education was influenced by the Turans, a German system. When the Romanians took control, the emphasis on physical education diminished. That's when the tradition took over.

"Tradition is tradition and it cannot be taken easily from the minds of the old people

whose influence is going towards the young generation. So Transylvania was still to be very athletic and very physical education-oriented.

"In Europe, gymnastics is taken much differently than in this part of the world," said Karolyi. "Because of the Turans and Sokols influence, and because of the Austro-Hungarian influence of physical education, everybody goes to the gymnasium to practice. They practice building up coordination, body position, posture and obviously strength, speed and endurance."

started to do a little better than my fellow students. That gave me encouragement and I started to push myself. I was a self-educated person because there was no coach around at that time to give me instruction. But, you know, that gave me more insight and satisfaction because I was looking more at the other competitors, stealing their techniques and trying to improve myself."

Hammer throw evolved into his best event. At 18 he was the junior-junior national champion. At 16 he

"I realized that gymnastics instruction could not be treated the same traditional way any more."

The young Karolyi wasn't impressed with the individuality of gymnastics. What he enjoyed was the team concept. "I was more old way and found the team-type activities gave me cheaper, but intensive, satisfaction in my early ages. Playing soccer or basketball, being involved in any team-type competition, even if it were a street fight, gave me more satisfaction than going into the gymnasium and spending hours practicing individual skills."

The team concept of track and field fascinated Karolyi who started as a discus and hammer thrower. "I was a tall kid with long arms, so I

won the junior national title and set seven consecutive hammer throwing records. In 1966, he represented his country in the Melbourne Olympics. "That was a great event for me, my family and my town. A lot of pride and satisfaction came with it."

But his quest for the team spirit carried him into team handball. "There was a team sport. I loved the team competitions. Even in gymnastics, later, I emphasized the team spirit and the teams achievement more than the individual. I have never been able to develop only one person. I'm used to the advantages the team development can give to the individual," he said.



While a member of the national handball team, Karolyi won two World Championships in 1958 and 1962. "These World Championships gave unique opportunities to me to feel the achievement of being the greatest. That's exactly the way I felt when I stopped into college, back in that memorable year of 1969."

Because of his accomplishments, Karolyi received a university scholarship in Bucharest. Call it a big head or inflated ego, a cocky Karolyi stopped onto the campus with the feeling he was the greatest athlete in the world. "I was very self-confident, very proud of me, and it took exactly three days to calm me down. That's when I had my very first gymnastics class."

To understand the demise of Karolyi's ego, you have to keep in mind that he and his fellow handball teammates were RMOC (big men on campus). "Team handball is a great sport in Europe and we got credit just like the football (soccer) players. Being World Champions, we were being admired, admired and we were treating our fellow student like nobodies."

Julian Gomes, ranked 4th on the jr. national team. The top four junior in the U.S. train under Karolyi.





At Karolyi's World of Gymnastics, the mood is serious, the effort intense. "I want to beat the hell out of the Russians," Bela says. Serious business, indeed.

On his third day, he and his teammates attended their first gymnastics class. "A little-bitty coacher-type assistant lined us up. You can imagine, big old guys, solid and full of muscles. We had three world champion wrestlers, and three world champion handball players, the strongest persons what you can imagine. So we all lined up and a little-bitty guy came like a rooster. I will never forget, sharp and very clean, very self-confident, a health man. We were laughing, talking, talking it easy, you know, it was just another class.

"After 15 minutes he stopped us and said, 'Uh, listen fellows. Gymnastics is part of the physical education, what we consider one of the basic tools to develop generations, their personalities, and is the basic tool in our system

to teach the kids. You are going to be our teachers. If you are not teaching the kids the right stuff, which is part of this curriculum, none of you guys gonna pass this damn class, I promise."

In 90 minutes the great Karolyi was reduced to a pile of sore muscle tissue. "I tell you, after that class my neck was just strained, you know, my head was not mine. It was like it belonged to somebody else. Sore - all the muscles pulled and a horrible feeling, horrible. I tell you all my confidence was thrown out the bottom line.

"Later, they put us up on the bars. I could swing like a monkey, but not a kip, nothing else. After that memorable thing when you swing a little bit and you fall between the bars. You mess up all your arms. Blisters and bruises everywhere. I call that one and one-

half hour the greatest torture of my life."

Welcome to gymnastics.

At the end of the semester, Karolyi had little problem with the written exam. The practical exam, however, he failed with flying colors, and 17 of the 24 students enrolled in the class flunked the course. "That was a tragedy, a catastrophe. The first semester, if you failed a test, you have only one more time to pass it. If you failed again, you're out. Nobody can get you back."

The pursuit of a physical education degree was the only thing in Karolyi's life. This failure, his first, threatened his future existence. The University gave him four weeks to prepare for a re-test. It was during this four-week period that Karolyi met his future wife, Maria.

"She was a good gymnast. She started to give me encouragement." Karolyi spent hours watching her practice, studying her technique and applying it to his own workout schedule. Soon, gymnastics consumed his life. His intensive workouts in handball and track and field waned while he trained with Maria at the houses of gymnastics.

"I took the test and got a few words of encouragement from the instructor, which made all of those hours of practice worthwhile. The next semester, I was the stu-

dent who was coming first in class and leaving last. I was working out as much as I could. I don't know what it was, I guess it was a challenge, just a damn challenge. At that time I realized that you don't know anything about yourself, even though you're a great athlete. You don't know what your body's capabilities are. You have so many hidden secrets about yourself, about your personality."

So the rooster, and the gymnastics challenge he passed, proved to be a catalyst for Karolyi's physical education career. He later made the gymnastics team and was honored as the only student in the school's history to win a scholarship in one sport (track and field) and to make a totally separate team. "I was the only student to start from zero and, by the end of the third year, to make the college team. That was challenging to me."

This was to be the first in a string of challenges Karolyi was to face and overcome in later years.

T H E DREAM

Karolyi Gets A Crack At The Kids

By Mike Rotkin

Not unlike any other college graduate, Bela Karolyi had a dream when he received his physical education degree. Fostered by the work he had done with an organization similar to the YMCA, Karolyi's dream was to teach children gymnastics skills.

"Those first kids were 12, 13 and 14 years old. That was the age they started to do gymnastics then," he said. "I learned more in that hard beginning than at any time in my life about gymnastics, about teaching and about kids' psychology. The experience gave me an extremely good insight on gymnastics."

That insight would be instrumental in the young coach's later success. "I realized that gymnastics instruction could not be treated the same traditional way any more. I would not teach it that way," he said. "Those kids were too physically weak by the time they were 12 and 13 years old. Those kids were just falling apart."

Some of the instructions that had stuck with Karolyi since his track and field days were the words his coach had told him about strength. "The stronger you are, the better you are. The

weaker you are, don't expect good athletic results. Athletics is the field of the strong people. The weak don't have a chance to succeed. He would keep repeating that. The development of strength develops confidence, it develops maturity. The weaker you are, the more timid you are. You are worthless."

Karolyi drew heavily on his track and field experience. "The stronger I was, the quicker I was, the farther I could throw the hammer. That is the first point. Get these kids out in the field and out of the gymnasium. Make that person to be an athlete, to look like an athlete, to act like an athlete. Then, bring them back into the gymnasium and teach them skills. That's going to take shorter time, they are going to hold up better and they're not going to fall apart," he concluded.

With this philosophy, Marta and Bela landed jobs back in Transylvania. "I heard there were two openings where my roots were, back in the little coal mining town in the Carpathian Mountains, where I grew up. My grandfather was the first teacher of the area and they finally put up a high school."

Robin Carter, ranked 3rd, has her sites set on 1998.



Karolyi began testing his philosophy of teaching the very young. He started with outside activities such as basketball and running races, which were quite new to these kids. "I got them doing 10-15 different types of races. The kids were going crazy. They were screaming and yelling and were quite excited."

The winter months in Transylvania forced activities inside. "In December, you are inside, and that is that. So that was the moment I started to switch to gymnastics. We pulled away the benches and started with gymnastics classes. The parents would bring mattresses from their beds to class on wheelbarrows and then take them home after. Everybody knew when gymnastics classes had started. You could hear the wheelbarrows 15 blocks away."

Gymnastics caught fire and, after a few months, the coaches could see great improvement in the little ones. "We saw the fantastic capabilities they were having — how much faster they were learning than the older ones and how flexible they were. We could teach them in a snap."

After the completion of the school year, the Karolyis taught the small ones all summer. "We built our first team out of wood, and Marta began teaching them the first movements." By the time the school year



The coach behind the coach: Marta Karolyi helped Bela pass his first gymnastics class, and still tutors excellence.

started, the team was ready for its first competition.

Unlike in the United States where travel is easy, the small mining community was isolated on the side of a mountain. Getting to the city for a competition was a major undertaking. "So we organized, and the commission (city) council gave us a donation of an old truck. We loaded all the kids in the truck and rode down into the valley to the gymnasium."

Marta made the leotards for the kids from T-shirts, and, according to Karolyi, they were "cute, cute. For the first time these kids were seeing the city, down from the mountain. They had never seen it in daylight and some of their parents had never seen it," he said.

The competition was optional in one event and all that Karolyi's kids performed was floor. "They did their little routines that Marta made for them, and I was playing piano. The people went crazy. We was first through seventh place. But I can tell you, the greatest thing was the parents

Those guys, all those old guys, they were runners and had never seen the town. They came down and had the time of their lives. They were so proud. It was like a parade going home."

"That was the time when we figured out what we were doing was right. What is good for the kids was good for the community. We had the satisfaction and we didn't care how much work it took," said Karolyi.

Four years of hard work later, they won their first national title. "Controversy" was the word he used to describe the meet. "The kids were so young, and at that time the national champion was 27 years old. This was class II, not even elite. So we showed up with 7, 8 and 9 year olds and were beating the national champion. Many people didn't think it was fair. But that is history and that's progress. You can't turn back the wheel and that got the wheel rolling. That was in 1966."

In 1967 Karolyi's team won the elite national championships. "Big sensation, a lot of

controversy again. The doctors were saying the kids were going to be deformed, and they started calling us 'kid killers.' That was a little discouraging, but I never listened. That's when I learned to let the other coaches complain. I will just do my job. And we were winning," he added.

With his program building steam, Karolyi's team won the 1975 European Championships, with Nadia Comaneci taking five gold medals. "It was a memorable Championships," he said. "That's when Ludmila Tourischeva said, 'That's all, that's the end.' She did not give up, but that was really when the King fell."

With the 1976 Olympics in Montreal, Comaneci won the all-around. In 1977 the Romanians won the European Championships, and in 1979, they took the team gold during the World Championships in Ft. Worth. Ross Karolyi's team took the silver in the 1980 Olympics and Comaneci tied with the German Democratic Republic's Maxi Gnauck for the silver.

From humble beginnings in the Carpathian Mountains, Karolyi built his own program and brought it to national and international prominence. This was not the first time he was to construct a championship program. He rebuilt once more in Romania and he is also doing it in the United States.

BO TO

Although his defection in 1981 brought a close to the European chapter of Bela Karolyi's coaching career, it opened a new saga in American gymnastics history. For 16 years, Karolyi's teams dominated the Romanian, then European, gymnastics arena.

Almost paralleled to his modest beginnings in the small coal mining town in the Carpathian Mountains, Karolyi's first U.S. club began in 1982 in Houston with 24 kids in one quarter of the time he had in Europe. Karolyi has produced two senior national champions, junior national champions, and, as of 1986, the top four juniors, an Olympic all-around champion and two individual event gold medalists. Karolyi has coached the American Cup champion every year since 1983, which is the year his gymnast won the Chelmsford Cup.

His record in this country stands alone and his goal stands alone. "I won't stop until I build a powerful team to go out and beat the hell out of the Russians. That's my dream and that's what I am working for my whole life."

Why is this coach so successful? "I am the final product of tradition. I have a natural ability to plan and attack. I learned something in team handball, the individual has to be based on

the team members. I introduced this into my gymnastics. You cannot make a big deal by yourself.

"I use the team spirit in my preparation. I use the gymnasts against each other to make them better. I use the competition and the willingness to overcome each other. That's what makes them good (Erika) Eberly, Nade (Comaneci), Dianne (Durham), Julianne (McNammara), and Mary Lou (Retton), all fighting like tigers, watching each other like hawks. The best become the winners. That's the lion. They all become good gymnasts, so nobody is the loser."

Now, fresh in the Karolyi stable are four young, fighting horses primed for competition. "Now, these four strong kids, Kristie (Phillips), Phoebe (Miller), Juliana (Gomez), and Robin (Carter), are all watching each other like hawks. They are friends now, but come time for competition, they will eat each other up. There is nothing wrong with it, but they are going to become good gymnasts."

Because of his traditional background, many of his techniques are those he proved in Romania. "One phrase keeps coming back into my mind and that's what my track coach told me. The stronger you are, the better athlete you are. If you are a crying, snoring baby, you're never going to make it. When you

make your body stronger, you are going to perform better."

Karolyi is putting these same theories to practice in Houston. On the weekends he takes his team out to his ranch where he lets them "play." "They race around the lake, all the time trying to be the first. They are running, climbing trees, riding horses and loving every minute of it. They don't think of it as training but all the time they are making their bodies stronger, like a bullet. And after, gymnastics is a nice opportunity to express their strength, their explosiveness, their coordination and their endurance."

This further instills the competitive nature in his athletes, which, according to Karolyi, is a very important aspect in his thinking. "The one who doesn't take the little competitions seriously, don't have a chance."



OM WIN

Philosophy Proven Again

By Mike Botkins

I base on the one who has in her eyes, "I want to be a winner." She may not be that fast, but she would hate another one just to win. That's the kid who's going to make a good competitor."

His silly competitions even find their way to his small children taking classes. "Even the two-year-olds, with their mothers watching like a hawk, when they win they look up and they are proud. That's got to be kept in the mind of the gymnast. That's why we're out here - for the competition."

"Unfortunately, a lot of clubs in this country are turning into a dirty business, only teaching the kids skills. They forget the kids are little living beings."

Kristie Phillips, jr., national champion. Karolyi's athletes rarely get big-headed. Yet their confidence often wears a size X-large.

As he has emphasized his entire career, strength is a key ingredient. But physical strength is just one aspect, mental strength plays a large part, also. "You have to want to win. If you don't want to win, you won't. The personality plays a huge part. A timid person will never turn into a biter, closing lion. They can turn into a consistent competitor with a steady influence, though."

Karolyi is not a believer in high-tech strength equipment. He feels there is too much time wasted and too much expense involved when a gymnast can use his or her own body weight and accomplish the same thing. "Take the natural physical preparation. Break down the whole preparation into its simplest form and that's the fastest way. Use the push-ups, the pull-ups, the running. They have their own body, that's enough. In camp, I do physical preparation with 300 kids at a time and, at the end, they crawl out. That's the natural method and I'm a believer. I have never looked around because I know what was good, will be good tomorrow."

"I never copy off of anybody. When you do that you are just a copy of someone else who was good. That is my advantage. Try to work your own way. Keep your feet on the ground and try to feel the pulse of the kids. If you lose sight of reality,

you are gone. Don't try to make things more complicated than they are. For so many years, we are having coaches destroying the spirits of gymnasts, admiring the Russians, the Romanians. Stay in your own gym and try to communicate with your own kids. They will listen."

Consistency is the very root of the Karolyi philosophy. Without it, he stresses, you are lost. "I think we have been very consistent through our first 25 years," he said. "We have been very consistent in different areas, different societies, different situations and that has given me the opportunity to repeat again and again even though many times the whole team would disappear from one day to the next, as happened in Romania."

"You have to have a consistent approach as a coach. You have to be the leader of the activity and understand your role as the coach. If you are consistently taking the same position, the same way with the same advocate type of approach, then the kids will consider you the leader. If you are acting the fool, you will lose credibility and faith of the kids will diminish and they will never consider you the very important support you should be in the hard moments."

"My view about approaching the athletes is making a healthy relation-

step. I respect them and I demand respect. If respect is not reciprocal, it is worthless," said Karolyi.

Another aspect of consistency is in the approach to training. In order to make the best use of his time in the gym, Karolyi has broken down the instruction time to four major periods during the year. They are: 1. Preparational period. 2. Precompetition period. 3. Competition period. 4. Transitional period.

Each of these periods are then broken into objectives expressed in percentages. The preparational season is broken down into 55 percent physical preparation, 35 percent technical preparation and 10 percent theoretical or psychological preparation. For the precompetition season, the technical preparation goes up over 50 percent, the physical preparation drops to below 40 percent leaving the remainder of the time for tactical and psychological preparation.

During the competition season, the technical preparation goes up to 70 percent, the physical preparation comes down to 20-25 percent and the tactical preparation is at 10 percent. The athletes hate to see the transitional period because the physical preparation goes up to 30 percent. "This is the time when they build up their strength, to get their bodies ready. They go into the gym after taking a long preparational period, which is the longest of the whole year, with good health and good

physical strength which sets the stage for their training."

"You cannot feel around. Poor preparation will affect your whole year. Here it comes back to consistency. Poor preparation could lead to failure after failure and miserable routines all year long."

Involved in Karolyi's consistent approach is psychological preparation. Taking advantage of an opponent's weakness. "Psychological shock, that's what I have been using all my life. I know what it means to take advantage of their weaknesses, to take advantage of the psychological moment. When ever you (as a coach) start to tremble, lose your mind, you have lost your focus and from that point, the kids are lost too."

Defining and breaking down the elements, then getting the kids and their parents to understand, is a necessity in the Karolyi philosophy. "The main obligation is to emphasize the two major aspects of gymnastics. The first is to define gymnastics as an extremely useful recreational tool, a great tool of instructing, educating and fielding a strong, young generation."

"Another aspect is to use the basic preparation for competitive purposes. But these two major aspects have to be separated. Right now, in this country, there exists a very confusing situation. That's why many clubs in this country are confused, because they

cannot directly. They cannot make the difference between recreational education, the basic instructional aspect of gymnastics, and high quality instruction provided for the competitive gymnast."

"Here is the point when kids five, six and seven years old walk into the gym with their parents asking when they can compete. Because they are confused, they have no idea that they have to go through the basic preparation. Because there is no great tradition in this country, and generations have not come through the basic preparation in the school system, that's why they are confused. That's why they think one little kid can turn into a great competitor in two days, two weeks or, if they are really rare, a year."

"But we know it doesn't work that way. You have to spend hundreds of hours on the basic preparation. We have to give the child the opportunity to grow physically, mentally and to grow up to the point to be a competitor. Give them the basic skills and build them into a motivated, dedicated and very goal-oriented person."

There are many pleasures associated with gymnastics, but the one that gets them in the door, according to Karolyi, is the basic enjoyment of moving. "The young ones enjoy the satisfaction of performing little things, to please himself and her

mom. That's why they are coming. They are not coming with the goal of tomorrow being a great competitor. They don't know what it means to compete."

"It's very unfair for the millions who are involved to talk to them about high performance requirements. That's why I think it is so negative, so detrimental to gymnastics. We have millions who are involved for the pleasure of moving, the pleasure of performing these little skills."

Inside the Karolyi gym, the areas between recreational and competitive are well defined and kept separate. "One is the class program, or to be more specific, the recreational gymnastics program, and the other is the team program. They are very separate but very close because the recreational gymnasts consistently feed the team. The recreational gymnasts are watched and when they are ready and have shown they can handle the more intensive team preparation, they are advanced. It is a very smooth progression from one to the other, but that's got to be very well defined."

By using what he taught himself, the tradition he was brought up with, and his own natural abilities as a planner and attacker, Karolyi has developed a very strong program in Houston. His base is wide and his visions are set in stone with his next very vivid goal, Seoul.

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NADIA

One for the Books

By Mike Botkin

Today, there is no such word as "limitation" in Bela Karolyi's vocabulary. It wasn't always that way.

Before the 1979 World Championships, Karolyi did agree there was such a word. But one of his star pupils, Nadia Comaneci, totally erased the word from his mind during those World Championships.

"You do not realize what your limits are. You have to find out, or to find it out on the way to a test," said Karolyi. "If you want to, you can overcome anything. You are capable. That's what I'm telling so many times to my kids."

The lesson was learned during the 1979 World Championships in Ft. Worth, Texas. Nadia and the rest of the Romanian team were in good position after the compulsory when the star gymnast developed an infection in her arm. "A representative of the Federation (Romanian) took Nadia to the hospital and the doctors cut her arm," said Karolyi. "They performed regular surgery."

This was at 7 a.m. and warm-ups for the team finale began at 11 a.m. "At 11:45 I'm looking desperately for Nadia. The Russians are beginning to pick up their stuff, finished with warm-ups and still no Nadia. I could not substitute because it was after the compulsory."



At 11:50, Nadia came into the gym with her arm all bandaged up. Karolyi was beside himself. "What the hell is going on," he screamed, in which Nadia replied, "They cut my arm."

"All year long, all we think about is this competition and we were working like horses," said Karolyi. "The Russians had beat us in 1978 at Stasbourg in France and we got third all-around and second team. It was so frustrating seeing Nadia struggle. We did the hardest preparation ever, and now, after the first day, in very good position, very, very close to the Russians, Nadia disappears."

In a big situation, Karolyi was faced with some pretty hefty limitations. Suddenly, his star was out. On his hands were five other scored gymnasts who depended upon the leadership of Nadia. It was time for a roundup in Texas.

"I told Nadia, look at these guys. These guys work for you so many times, Nadia, all your life. I work for you so many times. You owe them, you owe me. Now get out there and do it, do your job," Karolyi urged. There are certain limitations your body has two and one-half hours after surgery. On

An infected hand sidelined Nadia during much of the 1979 World Championships.





In 30 years, Karolyi's 1979 Romanian squad has been the only team to defeat the Soviet women in World and Olympic competition.

bars, she could use just one hand, her other refused to function. Floor, she couldn't complete her tumbling passes, but yet she tried. Vault, a one-handed vault she couldn't hold. That left beam.

With 10 scored eyes screaming, "What we gonna do?" into the back of Karolyi's head, the coach turned to them. "Okay. What's your name?" he asked.

Stunned for a moment, the first said, "Emaile Eberly." He then went through the entire lineup and upon concluding he said, "Look at you. You know my name. That's a good start."

It was at that time Karolyi turned a potentially devastating limitation into a positive force. "So you were robbed and you are mad. Hey, listen up here: If we are here in a certain position, what in the world are we work-

ing for eight months like horses. All these eight months you are complaining you cannot win because of Nadia. Now, the great Nadia is out. Look, she's a moving wreck, she's out. No more Nadia.

"Now is your chance. If you are mad, if you are an athlete, go out there and prove it. You are capable to do it. Here is a great moment, a great moment for everybody. It doesn't matter who goes. You are representing yourself and other — everybody else," he said.

"They (the gymnasts) looked around and said, 'Let's go get them! The coach is right. This is everybody's chance. Nothing is lost!'"

So an inspired Romanian team took to the podium beginning on bars. First score 9.80. "We ended up with Eberly and the scores

ranged from 9.85 to 10.00." After the first event the Romanians took a 75 lead over the Russians. "The kids were great," said Karolyi. "The only one shaking was Eberly. All the pressure was on her, she was the leader now, she was the last up. She was the star. From one second to another, she became the team star."

Beam was next and the first four Romanians scored 9.75, 9.80, 9.85 and 9.85. "Here comes Eberly. She's supposed to do a great job and she fell. One fall, .03 and you're out, you're out forever. In a moment, I was ready to fight and say 'Don't touch me because I hate you.' I turn my neck and who is behind me? Nadia," said Karolyi.

"Nadia, come here," he said. "Ever in your life you were thinking like you owe something to me, to the others for all of the credit and attention you have gotten. You owe something for yourself or for anybody who has been in gymnastics that looks up to you?"

"Yes, I owe you," replied Nadia.

"If you owe me anything, you going up now on that damn beam and do the routine," he told her.

"And that kid, with no warmup, dropped her warmups and went out there with the big-old tape on one arm. With the other hand, pommel horse, one handed, the other one

was just sitting there. Press handstand, two back handsprings, aerial cartwheel, back back, back, turn and come off with a roundoff double back, the first time that was ever performed by a gymnast at that time."

For her incredible performance with one hand, Nadia received a 9.85. "One hell of a competitor, one hell of a kid," gleamed Karolyi, "That spirit is hard to find. That routine should be in the history of gymnastics to show what it means to have guts, to have dedication. The time comes you don't think you know what your limit is? The limit is, you don't know your limit. Nadia and I, never in my lifetime did I think anybody could do a perfect routine one-handed. With one hand doing all these skills with no swing, no movement and no mistakes."

The Romanians went on to win the 1979 World Championships, defeating the Soviet Union. Nadia went back to Romania with her hand in a sling, but happy with the team gold medal around her neck.

Coaches demand much from their gymnasts, but when push comes to shove, it is the gymnast who must deliver. The limitations on Nadia and her team were great. But by believing in themselves as athletes, they overcame what could have been a serious setback to become champions.

THE SOVIETS' SECRET: Hard Work

By Robert Cowan
*Men's Program
Administrator*

Editor's Note: This is the second part of a two-part series on Soviet training techniques. During a visit to Moscow for the Goodwill Games, the U.S. delegation, including Cowan, visited three training sites. Cowan reports his observations.

We were informed prior to arriving in Moscow that the two facilities we "just had to see" were Dinamo and CSKA (the Army School). After much discussion with Soviet officials, we were allowed to visit these two facilities plus the training gym at the Olympic Sports Center.

Somewhat surprisingly, we saw no "high-tech" approach to gymnastics and no mystery to the facilities. There simply seemed to be a lot of equipment and all of it was utilized. Interestingly, the Soviets still use many training techniques long ago discarded by U.S. coaches. For instance, in all of the facilities there were climbing ropes with young boys and girls (11-



A simple, yet effective, training tool at the CSKA Central Army School is this cross machine. In the foreground hangs a rope that is constantly in use and to the left and right of the cross machine are wrist rollers used by both boys and girls.

(USGP photos © 1986,
by Robert Cowan.)

14; using them. All of the gyms also had stall bars, where the athletes did leg runs, and at least one trampoline in the pit area. The three gyms each had adjustable rings which were used quite a bit by all ages of athletes. The gyms also contained free weights and the plates varied from two kilos (about five pounds) to 22 kilos (about 50 pounds).

What follows is my observations of each gym.

Olympic Sports Center (warm-up gym)

This facility was built prior to the 1980 Olympic Games and was also the site of the 1981 World Championships for gymnastics. The warm-up gym is approximately 10,000 square feet and filled with equipment, including two pits. One pit was approximately 80-100 feet long and the second was about 30 feet by 18 feet. The pits were six feet deep and 20-12 feet wide. The foam was divided and approximately one to two inches wide and 18-24 inches long. We never saw a pit "fluffed" the entire time we were observing training.

We were told that the boys work classic ballet and dance until about age 14. After that, they have a choreographer who works with them on "presentation" of themselves to the judges, to the media, and to the public.



The training gym at the Olympic Sports Stadium in Moscow features this pit area of shredded foam. At this particular facility, a youth sports program is conducted.

One of the pits contained a trampoline with a 16-inch bed (where the trampolines had begun to wear down, they had woven strips of foam into the bed). There was a depressed area under the pit with the legs sitting on what would be the floor of the pit where the foam was. The recessed area was about 18 inches lower than the normal pit floor. In all the gyms, athletes trained many skills from the trampoline into the pit, such as the forward half-in, half-out, triple front, double back (tucked and layout), layout full-in, layout full-out, full-in, full-out (tucked and piked) and many others.

But what was incredible was the number of repetitions of each skill, about 10.

There were several differences in the equipment used for the Soviets' use of it. The vaulting horses were all bolted to the floor. The vaulting area and tumbling strip ended into the pit. The floor exercise area in this facility was incredibly hard. One entire wall of the floor area was mirrored (seven to eight feet high) with ballet barres attached. All the ring towers in all the gyms had large rubber gymnasts between the cables and the bolts were attached to "absorb shock."

The pommel horse

in all the gyms and the competition was higher than we work in America (103 cm.). Also, the pommels had a flatter surface and more work surface than American pommels. They were 11 cm. wide or long and were squared off rather than rounded at the corners. The USA Team all commented on both the height of the horse and the pommels.

The Soviets had a horse body bolted to a "bulkhead" — a crude wooden bench which could be set across the trampoline and pit to be on the floor on both sides of the pit. They would take a three-bounce approach and vault from the tramp into the pit. The gymnasts did 15 to 20 repetitions on each vault and worked vaults such as Tsukahara's (tucked and layout), tauk full (tucked and layout), layout tauk double full, handspring front (one-half twist to one and one-half twist), handspring double front and Cuervo with a half turn.

There was a carpeted tumbling strip in all the gyms 150 cm. wide (about five feet, two inches). It was 14 cm. high and made from wood strips bowed to be springy (similar to a "kik" floor). It was 50 feet long from the edge of the pit to where it began to slope down until it ended even with the floor of the gymnasium. We were told it was narrow, so the gymnasts would tumble straight.

Continued on page 22

The mats at the horizontal bar, still rings, parallel bars, etc. were fitted mats for the most part. The movable mats, which resembled our crash mats or skill mats, were about five feet by eight feet, not the traditional six feet by 12 feet or seven feet by 14 feet found in the United States.

All three of the gym floors were wood. However, with all the mats present, the athletes rarely touched the bare floor anyway.

CSRA-Central Army School Club

This facility was also a rather old, wood frame building (approximately 30,000 square feet) with an additional 30-feet by 60-foot "back room." This second gym was primarily an additional pit training area for tumbling, tramp vaulting, air-averse drills from the trampoline to the pit, and some high bar, uneven and beam work over the pit.

The vaulting runways were two cm. thick. They appeared to be almost twice as thick as those in this country.

The floor exercises area was very similar to the one used in the actual competition and was very springs. The floor exercises mat was six cm. thick with an additional two cm. of foam thickness on the actual competition area only. The U.S. men's team really liked the floor at this facility.



This photo offers a second view of the training gym at the Olympic Sports Stadium in Moscow. This large area features equipment for a high volume of athletes training.

They had one pommel horse set up at regulation height with no pommels and large "crash" mats of sponge foam along all four sides. The athletes would do loops (backward, forward and spirals). Again, repetitions were the name of the game. Another interesting item was that the main pommel horses on which the athletes trained had one handle under the bottom which moved both pommels simultaneously.

At all of the gyms, the rings had leather straps and also a cross strap of leather which could be clad up and down. This was used so that an athlete could slip his/her arm through the strap and then grasp the ring in an overgrip, thus changing the fulcrum and position of pressure on the arm for various strength exercises.

The Army School gym had three separate pits. One, mentioned earlier, measured 30 feet by 16 feet and was used for tumbling, vaulting and beam dismounts. A second pit was 90 feet by 19 feet with uneven, tramp-

olines, high bar and rings over it. The third pit had rings and trampolines over it and measured 36 feet by 10 feet.

Army School and the next one to be described, Dinamo Gym, had "cross machines" and "wrist rollers." The wrist roller was a variable resistance machine which the gymnasts used constantly to strengthen their wrists.

Finally, the Army School has four medical staff on duty at all times. We were told they were there for massage, first aid and to aid with serious injuries.

Dinamo Gym

This was the hardest gym to get into, and it was only through persistence that we did. We had been told it was closed and all the equipment had been moved to the Olympic Center for the Goodwill Games. The day we were there, it was closed, but the gym could not have held any more equipment.

This facility is incredible in size (approximately 30,000 square feet) with all usable space. There are two floor

areas (one of them is AMP) bordered by mirrors with ballet barres in front. There is a pit the entire length of the complex (approximately 300 feet). In short, the gym is designed for maximum numbers of gymnasts to do maximum gymnastics.

As in all of the aforementioned gyms, there were a number of low parallel bars, low mushrooms, pommel mushrooms, benches, spotting blocks and spotting belts over beams, parallel bars and high bar. But we saw no spotting belts over uneven bars in any of the gyms we visited. At Dinamo Club, there was an extension in front of the ring tower from which the spotting mechanism was suspended. It was conjectured that perhaps this prevented the gymnasts from getting hung up in the spotting ropes and ring cables. The other gyms did not have this.

The difference between the Soviets and Americans is not the equipment. There are facilities in this country that are newer, cleaner, have better equipment, etc. The difference is that these facilities are utilized by the gymnasts to the maximum every day and every minute they are there. The gymnasts work harder and longer in the gym and that is something we can easily do.



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Yonkers, NY 10701

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716/916-6287

Local Contacts: Andy Antomach

Stacy Frey

914/965-7675

Sunday, January 4, 1987

Bohnet, NY - 9:00am-3:00pm

Course Dir: Sarah Jane Bernhardt

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Course Dir: Sen Sanderson

406/462-1840

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Course Dir: Sarah Jane Bernhardt

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Maplewood, NJ 07040

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Women's Artistic Gymnastics 1987 WORLD UNIVERSITY GAMES Team Selection Procedures

I. TEAM TRIALS

- A World University Games Team Trials will be held in June, 1987.
- B Qualification Trials by a maximum of sixteen (16) athletes:
 - 1 The top six (6) all-around gymnasts from the NCAA Division I National Championships April 24-26 at the University of Utah, Salt Lake City, Utah. Declared slots will be filled in rank order.
 - 2 An additional six (6) slots to be filled by petition. Petitioning athletes must be properly identified and registered for the 1987 All-around with a full team source of entry at a University recognized by the national governing authority of the USA.
 - 3 If declared slots are not filled, selections will go back to rank order from NCAA Championships.
- C Trials Championships will be a one round all-around optional competition with a total of five free apparatus events. Competition in FIG Rules will be used.
- D Injury petitions for World University Games may be submitted for athletes unable to compete in and qualify through the NCAA Division I Championships will be accepted for the reason of the applicant team reasonably being through-out most competition, after had been able to compete, the would have qualified.

Note: All petitioners are to be directed to the attention of WUG Chairman, Stan Antonucci, WUGO Chairman, Jackson, Pa.

II. TEAM SELECTION

- A The top six (6) all-around from the Trials will comprise the team.
- B The team will be broken by the highest individual event score.
- C Replacements in the event due to injury of one of the team members will be made in all-around rank order from the Trials. Need for replacements must be documented by a doctor and athletic trainer.
- D No injury petitions once the team will be accepted.
- E The top five (5) athletes to rank order from the Trials will compete in the World University Games, scores of that specified criteria have not readily been determined a comparison to follow team members during the training process between Trials and the World University Games competition opening ceremonies. These specified criteria are designated as follows:
 1. One successful stick in perform in the routine.
 2. Freedom from any small handling injuries.
 3. Competitive consistency in successful through out a rapid competition during training.
 4. Mental readiness.
 5. Physical appearance and weight.
 6. Attitude and team support spirit.

- F The final four (4) competing athletes will be determined by:
 - final coach
 - the assistant coach
 - the two (2) judges
 - the delegation leader if applicable

Women's Artistic Gymnastics 1988 OLYMPIC GAMES Team Selection Procedures

I. QUALIFICATION

- A Qualification to the Championships of the USA is through the USAG Elite Regional Area Meets and then the USAG American Classic or U.S. Classic Final or National Elite National Qualifying Meets.
 - 1 The American Classic is scheduled April 9-11, 1988.
 - 2 The U.S. Classic is scheduled May 21-23, 1988.
- B The eight (8) gymnasts that qualified the 1987 World Championships Team will automatically qualify into the 1988 Championships of the USA.
- C Beginning with the U.S. Classic, the American Classic and including the Championships of the USA and Final Trials, the All-around score will be determined by combining 40 percent of the compulsory with 40 percent of the optional score.
- D Based on the All-around results from the 1988 Championships of the USA (combined compulsory and optional) will be the top twenty (20) female gymnasts will qualify into the Final Trials.
- E The 1988 Championships of the USA are scheduled June 12-14, 1988.
- F Injury petitions will be accepted by submission by the WDC for the Championships of the USA.

II. FINAL TRIALS

- A Competitors at the Trials will be AA Olympic compulsory survivors on August 2, 1988 and AA optional survivors on August 4.
- B The Final Trials are scheduled for August 5-7, 1988.
- C Petition to enter the Trials will be accepted with regard to injury, illness, or representing the USA in an international competition during the same time period as Championships of the USA.

III. TEAM SELECTION

- A The All-around score from the Championships of the USA will count 40 percent (40%) and the All-around score from the Trials will count 60 percent (60%) in determining an individual's overall final placing (40%) for the Olympic Games team selection.
- B Based on the combined total AA score from Championships of the USA and the Trials, eight (8) gymnasts in rank order will be invited to participate in the Olympic Games. All eight (8) gymnasts will compete in a dual international competition immediately prior to the Olympic Games to help determine the starting position and also to help determine the rank of the alternatives.

Only one (1) alternate in support of the official delegation. Final determination will be made by the Olympic Coach Two (2) assistant Olympic coach, two (2) Olympic judges and the athletes representative.

- C According to the FIG Technical Regulations, seven (7) gymnasts in the official team size.
- D Replacement of a team member will occur only due to serious injury.
- E If a gymnast is injured after the Games commenced the USA, her injury is verified by a medical doctor and her injury petition is then accepted by the WDC for Championships of the USA score will be accepted by USAG. That score is entered into the All-around score the gymnast started the Final Trials competition. If a gymnast does not compete in the Championships of the USA, her injury is verified by a medical doctor, and her injury petition is accepted by the WDC, her score obtained in the FIG and Olympic Trials level period (beginning to be ranked in the final selection of the 1988 Olympic Games Team). In either case a gymnast that competes in the Championships of the USA or Final Olympic Trials but not both, must also be in the top fifty (50) of the next level competition. Otherwise her All-around score placing her in the top fifty (50) of the Final Trials ranking.

*NOTE: The All-around score is awarded by combining 60 percent of the compulsory score with 40 percent of the optional score.

- F Petition into the 1988 Olympic Team will be accepted for consideration only in the case of all-injury which prevents the gymnast from competing in or finishing the Championships of the USA. The gymnast must have placed #1 or #2 in either of the Classic or must have been a member of the 1987 World Championships Team, where she ranked in either the top 40 individual events or the top 40 all-around. Petition will be considered by the Women's International Program Committee. Any approval of petition will be in addition to the top eight (8) All-around from the Trials.

Men's Artistic Gymnastics 1988 OLYMPIC GAMES Team Selection Procedures

I. QUALIFICATION - CHAMPIONSHIPS OF THE USA

- A The 1988 Championships of the USA are scheduled for June 30-02, 1988 at a site to be later announced.
- B Athletes will qualify in the USA Championships from their 10 qualifications on May 29-02, 1988. Competition there includes 110 events and compulsory and optional score reported must show that the event qualified score is one (1) to be nationally qualified. The USA Program Administrator will verify these approved results. The competition requires that Competitor 4 rules be held prior to the Regional Meets. Qualification 4 will be used in the Regional Meets, at least two nationally or nationally judges will be required per

USCF REPORT

event. More than one championship must be in attendance for the complete team prize to be awarded.

The Main Program Committee will select the sites for the Regional Meets. Administrative of the meet sites will be made through USCF. Organization expenses of the USCF will be minimal. All expenses incurred will be sent to the Main Program Administrator.

- C. For championships in the Championships of the USA there will be 32 gymnasts. There will be two teams each 16 gymnasts competing in each. There will be assigned randomly 4 men to a team. For optional, the top 10 scores from compulsory will compete in the final event. In case of a tie for 10th, the higher score compulsory will compete in the second round.

- D. All-around ranking will be determined from the compulsory-optional session. There will be no individual event finals with eight athletes per event. Finals will include the score from 10 percent of the combined compulsory and optional score.

- E. The Senior National Team will be the top 10 from the combined compulsory and optional session. This will not be broken.

- F. The Senior Developmental Team will be the next top 10 who do not make the Senior team and are under the age of 20. The next four under the age of 18 will complete the Senior Developmental Team. This will not be broken.

- G. In case of an injury, a gymnast may be permitted to join the National Team by the Main Program Committee.

- H. Positions to the USA Championships will be accepted and should be sent to the Main Program Administrator.

II. QUALIFICATION OLYMPIC TEAMS

- A. Competitors at the Trials will be all-around Olympic compulsory members on August 4th and all-around optional members on August 5th.

- B. The Olympic Trials are scheduled for August 4-5, 1988 at a site to be determined.

- C. The National Team (16 Members) selected at the Championships of the USA will participate in the Olympic Trials.

- D. Injury list must be sent to the Main Program Administrator.

III. TEAM SELECTIONS

- A. The all-around scores from the 1988 Championships of the USA will count 50 percent, and the all-around scores from the Final Trials will count 50 percent in determining an individual's overall final placing for the Olympic Games team selection.

- B. Based on the total all-around scores from the Championships of the USA and Trials, each 10 points in rank order will be awarded to participants in the Olympic Games. The seventh team will be the first alternate (ranking top two men plus Olympic Team Member) and the eighth team will be the second alternate, but not an official Olympic Team Member. This for men and women will be broken by the highest compulsory total from the USA. Then

proceeds and Final Trials 50 percent, a 70 percent. If there is a tie, the higher Final Trials compulsory score will break the tie.

- C. Final Trials will be Championship II.
- D. Accepted gymnasts in the Final Trials in order to make the Olympic Team, must have a higher score than the other gymnasts in the Final Trials plus he must have a higher score than the other gymnasts 50 percent and 70 percent from both competitions.
- E. Replacement of a team member will occur only due to a serious injury.
- F. Positions onto the Olympic Team will not be accepted.

IV. QUALIFICATION US GYMNOASTIC FESTIVAL

- A. Competitors at the Olympic Festival in tentatively set for July 17-20, 1988 at a site to be determined.

- B. All senior athletes in rank order from Championships of the USA will be invited to this competition. This includes the senior Developmental Team.

- C. All junior athletes in rank order from winter testing at Colorado Springs will be invited to this competition. This will complete the Olympic Festival team composition.

V. QUALIFICATION OTHER EVENTS

- A. Other events including the Pacific Alliance and international invitations, will be accepted to national team members to be added by the Main Program Committee.

USCF Rhythmic Gymnastics

1988 OLYMPIC GAMES

Team Selection Procedures

I. QUALIFICATION CHAMPIONSHIPS OF THE USA

- A. All athletes must be USA citizens and registered with the USCF prior to the competition.

- B. Qualification to the USCF Rhythmic Gymnastics Championships of the USA is through State and Regional Championships Meets.

- C. Injury list must be submitted to Championships of the USA, will be accepted for review by the USCF National Program Administrator, National Program Director and the respective Regional Director.

- D. A gymnast who was a member of the USA delegation for the most all-around competition at the 1987 World Championships may be selected to the 1988 Championships of the USA without qualifying at a state or regional championship meet.

- E. The 1988 USCF Rhythmic Gymnastics Championships of the USA will take place on April 1-3, 1988 at a site to be determined.

- F. Based on the all-around scores from the 1988 Championships of the USA, on rank order the top eight (8) women gymnasts will qualify into the Final Trials. This will not be broken.

II. FINAL TRIALS

- A. The Final Trials will take place July 30-31, 1988 at a site to be determined.

- B. Competitors at the Trials will be a two-day all-around competition. Each gymnast will be required to compete in all four events on both days.

- C. Positions to enter the Final Trials will be accepted with injury or representing the USA in an international competition during the same time period as the Championships of the USA. Positions are limited to the top three (3) internationally ranked gymnasts only.

III. TEAM SELECTION

- A. The all-around scores from Championships of the USA and each day of all-around competition from the Trials will all count 50% in determining an individual's overall final placing (100% total).

- B. Based on the combined total all-around scores from Championships of the USA and the Olympics (ranked in order), the top three (3) gymnasts in rank order will be selected to attend the Olympic Games teaming camp.

- C. The second team must enter the Trials may be changed to the selection for the team of two (2) gymnasts who will compete in the Olympic Games under the following conditions:

1. Injury affecting performance.
2. Failure to train and observe training rules concerning diet, weight gain, rest, position, schedule and workdays as required by the Olympic coach and staff.
3. Changes in positions on the team will be subject to approval of the Rhythmic Gymnastics International Program Committee.

IV. PISTOLINGS

- A. The top 10 all-around compulsory members in the Final Trials due to injury or representing the USA in international competition during the Final Trials, also may position to be invited to the overall Trials ranking only if they are one of the top three USA internationally ranked gymnasts from 1987 or one of top three nationally ranked gymnasts from the 1988 Championships of the USA.

- B. Calculation of scores for overall Trials ranking for accepted pistolined gymnasts.

1. An accepted pistolined gymnast entering the Final Trials without a qualifying score from Championships of the USA will have her overall ranking score determined as follows:

- A. The all-around scores obtained from the first day of competition will determine for the Championships of the USA score.

- B. The results obtained in C.I. will be added to the total two day all-around Trials score in order to obtain the gymnast's overall Trials ranking score.

- C. An accepted pistolined gymnast not able to compete in the Final Trials will have her overall ranking score determined by multiplying by three (3) her score from Championships of the USA.

Pin Collectors Take Note

New on the gymnastics scene are Women's, Men's and Rhythmic National Team commemorative pins. These colorful pins are perfect for collecting and trading. The clutch back pins are approximately one inch square and can be ordered on page 35 of this magazine.

FTSM #

4203	Women's National	
	Team pin	\$2.50
4204	Men's National	
	Team pin	\$2.50
4205	Rhythmic National	
	Team pin	\$2.50



Baryshnikov Bodywear Debuts In November



The Baryshnikov Bodywear t-shirt takes on a longer and narrower shape in a luxury weight polyester/cotton jersey not normally found in bodywear. His bold signature is slashed across the body of the white, coral, aquamarine or French blue tee. It's paired, here, with a black-on-white "Memphis" print footless tight in a cotton/polyester/spandex blend and leg warmers.

These materials will not be available until January 1987. This time is available through retail stores only. For more information call Kathryn Williams at 312-578-0735.

	Approximate retail
"Signature" t-shirt	\$19.00
"Memphis" tight	\$25.00
Leg warmers	\$ 7.50

AMF Junior "Bug" Board

Designed to provide a safe, lightweight preschool vaulting board. Constructed of finished 3/8" (16 kg) plywood throughout, with a fully carpeted and padded top. The AMF "Bug" logo is strategically placed to help the child focus on the board during the approach. There are four foam blocks that assist the child in gently bounding from the board.

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Free Promo Materials for USGF Meets

If you're a meet director in the USGF's Junior Olympic program, the USGF has free promotional material for you, courtesy of the Dodge Division of Chrysler.

The USGF is ready to send you 200 four-color posters to promote your meet, 200 program covers to sell to the crowd, and a booklet full of ideas on approaching the media and local Dodge dealers. In return for this free material, all you have to do is hang an attractive Dodge/USA Gymnastics banner in your gym during the meet. The banner is included with the promotional items.

In order to take advantage of the Dodge sponsorship, send a copy of your USGF meet sanction form to USGF/Dodge Account Coordinator, U.S. Gymnastics Federation, 1080 N. Meridian, Suite #380, Indianapolis, IN 46204. It's as easy and simple as that. (Check first with your regional director. They may already be sending your forms to us.)

Dodge is committed to "backing America's best," and that's you! So let the USGF know when and where your meet is. And be sure to let Lee Lawson and his fine team at Chrysler's Dodge Division in Detroit know how much we appreciate their support.

P&G "Bounces" into Rhythmic

Procter & Gamble's Bounce fabric softener is wrapping up a successful series of clinics and exhibitions promoting rhythmic gymnastics throughout the east coast region.

P&G first approached the USGF about sponsoring rhythmic last year. The flashy new Bounce commercials, set to the Pointer Sisters' hit music, were just hitting the air waves, and the product managers wanted a marketing

vehicle "to bring the commercials to life." Rich Kenney, the USGF's director of corporate sponsorships, sold them on the idea of sponsoring a series of shopping mall exhibitions and club clinics, designed to spread the word about rhythmic gymnastics, while exposing the Bounce brand to thousands of consumers across the country.

"The people from Procter & Gamble have been terrific to work with," said Nora Hiteel, rhythmic program administrator for the USGF. "The response to the clinics has been tremendous — they've been a real shot in the arm for rhythmic gymnastics at the grassroots level."

American Athletic Announces AMF Purchase

Jefferson, IA — Larry E. Flo, president of American Athletic, Inc. has announced as of August 1, 1988, the company has purchased the product lines of the AMF American Athletic Division at Jefferson.

Officers include Larry Flo, president, and Joe Gritz, vice president, sales.

The company will offer most of the same product lines — quality gymnastic equipment, exercise apparatus, and strength and conditioning equipment — to the sporting goods trade. The company will do business under the name American Athletic, Inc. in Jefferson.

In addition, American Athletic plans continued innovation and development in its professional quality gymnastics, volleyball, and strength and conditioning equipment lines.

American Athletic supplied the official gymnastic equipment for the 1984 Olympic Games, and will be an official supplier for the 1987 Pan American Games in Indianapolis. American Athletic was founded in 1932, and has supplied equipment for major world and national tours and meets.

J.C. Penney Sponsors Scott Johnson

Olympian Scott Johnson faced a troublesome dilemma that is all too familiar among post-NCAA gymnasts: How do you keep training for the 1988 Olympics, while supporting yourself and a family?

He turned to the USGF, the U.S. Olympic Committee and the Lincoln, Nebraska, business community for the answer.

The USGF has created a new job opportunity program for select members of the U.S. Senior National Team. Called the "Golden Elite Scholarship Program," its intent is to assist athletes in beginning their work careers while still training and competing for the U.S. Local businesses in each gymnast's hometown are selected to lend support for the athlete, while providing practical, career-oriented work experience.

The USGF's Golden Elite program is designed to supplement the USOC's Job Opportunities Program, which searches for jobs nationwide for the top athletes in each sport (based on world rankings). A gymnast needs to train and work in a particular city with a particular coach, and the USGF jobs program targets that local community.

The USGF contacted the Lincoln Chamber of Commerce on Scott's behalf, and the chamber solicited more than 100 area businesses. Among the leads generated was a call from David Luczak, manager of the local J.C. Penney store. Luczak was interested in hiring Scott to both work in the store and assist in the public relations aspects of the business.

At the same time, the J.C. Penney corporate office was being solicited by the USOC. To make a long story short, the national and local offices compared notes and jumped at the chance to be associated with Scott and the sport of gymnastics.

Teaching Can Be Easy As A-B-C!

THE ART (AND SCIENCE) OF TEACHING GYMNASTICS

PART 2 of 1

By Ben Hayasaki

Child psychologists use a simple "A-B-C" model to help children learn skills and behave appropriately. We'd like to pass along the A-B-C methods for skill development this month!

A B C

Activator Behavior Consequence

The Activator: Observes what happens immediately before a behavior. The stimulus that precedes the behavior often affects the behavior. If you improve the activator you may be able to speed learning of new skills.

The Behavior: When the child attempts a skill, we see "the behavior." Skill learning behaviors include holding a handstand, "hitting" a routine, practicing many repetitions in a short time span, pointing toes, and any other observable response a child makes. To call what the child does a "behavior" it must be something you can see. Note: You cannot deal with abstractions like "talent," "drive," or "intelligence" with the A-B-C model.

The Consequence: Observe what happens immediately after a behavior. The event that follows a behavior usually affects the behavior in the future. Therefore, if you improve the consequence you can often speed up the learning process.

Improving the Activator: Things that "activate" skill success include:

Setting Achievable Goals:

It is essential for the instructor to individualize for each student within the group, presenting different students with different specific goals. The following techniques, drawn from behavioral research, offer some ideas for

breaking skills down so that success will follow.

"Chaining." Break the trick into separate skill segments or elements, then "chain" segments into complete skills or elements into routines.

"Shaping." Ask students for small improvements or "successive approximations" towards the skill goal. To use "shaping" the teacher finds a skill that the student can already do and teaches by changing the skill in very small steps until it becomes a new skill.

Other ways to provide good "activators" include:



Don't immobilize a child who is learning with a reprimand — use "activators" and praise instead.

Visual Activators: Use marks that students can see which communicate what to do.

Example: Hold a hula hoop around a small child jumping on the trampoline to help the child see the "boundaries" of the center of the trampoline.

Example: Using masking tape, mark a grid on your mat to help cue students to travel backward on flip flops.

Physical Activators: Use special equipment such as inclines and pits to increase success rates.

Example: A "pit" allows the gymnast to concentrate mostly on the aerial phase of his maneuver by reducing the impact of landing. Keep in mind, however, that the

gymnast must be able to correctly execute the skill before you rely on a "pit." No landing surface will eliminate the risk of catastrophic injury should a gymnast land improperly on the head or neck area!

Take care not to rely on spotting too much while instructing—it can actually slow down skill acquisition if used incorrectly. Usually, it is better to present skills in the form of tightly-knit progressions which allow the student to learn without being manipulated ("active learning" methods) than to rely on carrying students through tricks ("passive learning" methods).

Verbal Activators: Give clear instructions—concrete descriptions in short, one part sentences.

Tip:

—Use concrete terms (things a child can easily visualize) instead of abstractions. ("Put your nose to the bar" is concrete. "Keep your arms flexed" is abstract.)

—Try not to get too carried away with your verbal analysis of the skill. Remember that no matter how valid your biomechanical analysis, most students cannot process (convert verbal instructions to motion) more than one or two simple instructions. Long complex discussions waste the gymnast's time.

Demonstrations: It can help to show the gymnast what you expect. Some students are "visual learners"—they can "process" visual instructions more easily than verbal instructions. A particularly effective way to use demonstrations as activators is to use the "wrong way-right way" approach. The instructor demonstrates a common error, and then demonstrates the correction of the error. Wrong way-right way demonstrations can take very little time and provide a great deal of information to students.

Remember: You can increase success rates for children who are learning new skills by improving the activators!

Changing The Consequence

"Feedback Is The Breakfast Of Champions." There are two kinds of consequences you can provide.

1) Praise (reinforcement of correct performance. Guidelines for using praise:

- a. Be specific;
- b. Make it immediate;
- c. Show your feelings

Wrong: "Jenny, that was great!"

Right: "All right Jenny, you travelled back and you fully extended those powerful legs. How I do like to see a flip flop done correctly!"

2) Reprimands: By giving a reprimand after an incorrect performance you can improve performance if you follow these guidelines:

a. Never reprimand a learner, —it immobilizes them and makes them feel even more insecure. Use reprimands only when you know the gymnast has correctly performed in the past and has already mastered the goal. Reprimands do not teach students to perform well, they only help students who have already mastered the skills use what they already know. Remember, when a gymnast who is still learning makes a mistake, use "activators" to correct the problem. When the gymnast can do the skill correctly, but makes mistakes anyway, reprimands can help.

- b. Make reprimands specific;
- c. Make reprimands immediate;
- d. Provide the gymnast with support while issuing a reprimand
- e. Tell the gymnast what to do instead of what not to do

Example: "Karen, your legs were bent on all of those kips. I know you can do kips with straight legs, I have seen you. So straighten those legs! I want to see 10 more kips, with straight legs. Now get back up there and show me what you are capable of... impress me!"

Summary: To help your gymnasts learn skills quickly and easily, become aware of the activators and the consequences that control the learning of the skill. By working on improving the "A-B-C's" of teaching, you set your students up for success!

This series of articles has been contributed by SPORTASTIKS INC., a franchised system of

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IGNATOVA RETAINS TITLE AT STUDENSKA TRIBUNA

By Jolie Barretta

The Studenska Tribuna/Juletta Chichmanova tournament held in Bulgaria in May was once again a victory for Iolka Ignatova of Bulgaria.

Yvetomira Filipova, Kamejira and Adriana Dymarska, Elizabeth Koleva, Mariela Pechlieva, Elena Dimitrova, and Julia Mouradova gave beautiful performances throughout the competition, delighting their home audiences in third place was Brunen Dietrich of the German Democratic Republic. She

had some shaky performances the first day of competition, but came back strong in the finals after capturing the bronze to perform beautifully in the finals.

The strong rivalry between the Russian and Bulgarian gymnasts was evident. The body preparation of both countries is excellent, yet the basic approach to the interpretation of the sport differs. The Russian gymnasts have a classical style, showing an extreme amplitude and a basic push toward simplicity and elegance. The Bulgarians are innovative,

modern, and complicated in their exercises.

Innovative with music as well as movement, the Bulgarians gave a lovely surprise from Ignatova with a new ball routine, performed in the finals only to a human voice.

Wiltschka Boneva used two unexpected pieces of music as well. A drum for her ribbon exercise, and a harmonica for her ball.

The day before the competition, the Bulgarian gymnasts were challenged by a control com-

petition. It seemed that this competition was more stressful than the actual tournament, since each of the girls wanted to be selected to compete for their country. The American Delegation - Helena Greenhouse, Jolie Barretta, Irina Rubenshtein and Elisabeth Cull - were invited to watch this contest.

Both Rubenshtein and Cull were well liked by the Bulgarian audience, and this reception indicates that our level of excellence is increasing each year.

STUDENSKA TRIBUNA/JULETTA CHICHMANOVA

	1972	1973	40-500	500	10000	10000
1. Iolka Ignatova	10.5	10.5	10.5	10.5	10.5	10.5
2. Yvetomira Filipova	10.5	10.5	10.5	10.5	10.5	10.5
3. Kamejira	10.5	10.5	10.5	10.5	10.5	10.5
4. Adriana Dymarska	10.5	10.5	10.5	10.5	10.5	10.5
5. Elizabeth Koleva	10.5	10.5	10.5	10.5	10.5	10.5
6. Mariela Pechlieva	10.5	10.5	10.5	10.5	10.5	10.5
7. Elena Dimitrova	10.5	10.5	10.5	10.5	10.5	10.5
8. Julia Mouradova	10.5	10.5	10.5	10.5	10.5	10.5
9. Brunen Dietrich	10.5	10.5	10.5	10.5	10.5	10.5
10. Helena Greenhouse	10.5	10.5	10.5	10.5	10.5	10.5
11. Jolie Barretta	10.5	10.5	10.5	10.5	10.5	10.5
12. Irina Rubenshtein	10.5	10.5	10.5	10.5	10.5	10.5
13. Elisabeth Cull	10.5	10.5	10.5	10.5	10.5	10.5

VIII GRAND PRIX OF DEBRECEN/HELIA CUP FEATURES FUTURE RYTHMIC STARS

By Jolie Barretta

The United States participated in a most elegant competition featuring Austria, Bulgaria, Canada, Cuba, Czechoslovakia, Germany (DDR), Italy, Korea (PRK), Poland, Romania, USA, USSR, Yugoslavia, and Hungary. It was held in Debrecen, Hungary in May.

Yvetomira Filipova of Bulgaria, who won the all-around title, clearly demonstrated the most polished presentation.

Her exercises were performed with an ease that allowed the spectator to be drawn into the drama of the routines.

In the rope event, the two outstanding performers were Andrea Sinko, and Kang Yong Ran. They both showed wonderful endurance with non-stop rotation throughout the routine.

Highly athletic, with a difficult ball routine was Hungarian gymnast Bogdana Tarnasova. Her amplitude was evident in a very high-risk begin-

ning. It is done entirely on one leg with extreme control.

Elizabeth Koleva also showed a wonderful ball routine, showing similar control and flexibility at the end of her ball routine. Simone Teuber also showed some original elements. With her captivating style, she will be someone to watch in the future.

Outstanding on clubs were Filipova, Sinko, and Tarnasova. Turak of

Hungary also showed an interesting composition.

Elizabeth Koleva was exceptionally original with a ribbon exercise performed to the Bulgarian clarnet.

Irina Rubenshtein of the US placed 15th in clubs, an exciting accomplishment, since this was her first international competition as an individual. Elisabeth Cull of the US had her best event with the ball in her first international competition.

VIII Grand Prix Of Debrecen/Helia Cup All-Around Finals

	1972	1973	1974	1975	1976	1977
1. Yvetomira Filipova	10.5	10.5	10.5	10.5	10.5	10.5
2. Andrea Sinko	10.5	10.5	10.5	10.5	10.5	10.5
3. Kang Yong Ran	10.5	10.5	10.5	10.5	10.5	10.5
4. Elizabeth Koleva	10.5	10.5	10.5	10.5	10.5	10.5
5. Bogdana Tarnasova	10.5	10.5	10.5	10.5	10.5	10.5
6. Mariela Pechlieva	10.5	10.5	10.5	10.5	10.5	10.5
7. Elena Dimitrova	10.5	10.5	10.5	10.5	10.5	10.5
8. Julia Mouradova	10.5	10.5	10.5	10.5	10.5	10.5
9. Brunen Dietrich	10.5	10.5	10.5	10.5	10.5	10.5
10. Helena Greenhouse	10.5	10.5	10.5	10.5	10.5	10.5
11. Jolie Barretta	10.5	10.5	10.5	10.5	10.5	10.5
12. Irina Rubenshtein	10.5	10.5	10.5	10.5	10.5	10.5
13. Elisabeth Cull	10.5	10.5	10.5	10.5	10.5	10.5

USGF

EDITORIAL

Continued from page 5

At the USGF Congress banquet, we acknowledged another individual for his service to gymnastics. This gentleman did not attend many gymnastics competitions yet he has had a profound impact on the sport. As an engineer for American Athlete, Inc. during the past ten years, he has been involved in developing many gymnastics products that have directly affected the way that our sport is performed. His accomplishments include the first synthetic vaulting boards, the fiberglass women's uneven bar rail, the spring floor, the padded aluminum balance beam, the fiberglass ring, and other significant innovations. Richard "Dick" Grosser is another among hero. Without notice and praise, he worked hard during his thirteen years of employment with American Athlete for the benefit of gymnastics. We lost Dick Grosser to cancer last Spring. An award was presented in Dick's memory, hopefully to recognize other people like Dick who have made significant contributions and continue to do so without notice or praise. The first annual award went to Bill Sands at the University of Utah. Bill's tireless efforts in the area of coaching and research continue to help and develop our coaches and athletes all across the United States. Bill's reward is like so many others, when he sees the athletes progress and the sport continue to grow. Although we could never recognize all of the volunteers, it is our hope that you will stand along side of the people like Dick Grosser and Bill Sands when we say, "Thank you and we salute you for a job well done."

OPEN

FLOOR

Continued from page 10

Sports Fitness magazine, in a recent article, stated "another major feature distinguishing the Soviet sports school is the caliber of the coaches. They are the key elements that make the system work. Coaching is a very scientific, highly developed and respected profession in the Soviet Union, and competition to become a top coach is fierce."

The article goes on to say, "Each coach must have been a highly ranked athlete... undergo tough scholastic requirements... be very well versed in child psychology, child and teenage anatomy, physiology... they must be knowledgeable in motor learning... and they must be outstanding teachers."

"In essence, the youngsters who attend the sports schools get the best available teaching and training from the very earliest years."

Currently, the international program of the American gymnastics community appears to be in a slump. Finishes in Montreal, Moscow, the Pacific Alliance meet, World Cup, and various international invitational will attest to this fact. A continued downward direction will have extremely detrimental effects on the entire gymnastics community in the U.S. unless a reversal is soon seen. With the NCAA only two or three schools away from dropping men's gymnastics (unless the Championship meet is self-sustaining), with the already lost NCAA Division II-III men's and women's programs, the diminishing high school programs and other losses, the private clubs and the programs remaining cannot afford to lose the impact that success in Rotterdam, Seoul and other areas will have on our program.

While it appears that this has turned into another "one for the Gipper," that is not the intent. Once again, it is time to take stock, to renew our commitment to our young athletes, to our own

philosophies, to ourselves. It is time to "stand and deliver." Next year at the World Championships, our placement will determine

- If we appear in the Olympic Games
- What round we compete in
- Potentially, how well we will do in Seoul.

Many nations are already counting on us. They say that we always say, "Wait 'til next year." I believe in the coach, the athletes and the programs in this country. We can make a difference and we must do it next year, because
NEXT YEAR IS HERE

USGF

REPORT

Continued from page 37

- Calculation of score for gymnasts unable to complete Final Train due to injury
 - The gymnasts indicated are to determine a gymnast's score from the final competition if she is unable to complete the second day of competition.
 - If a gymnast is not able to complete her first event, her score from day one of the trials will be multiplied by two (2).
 - If a gymnast is able to complete only one (1) event, the score she obtained in the first event will be multiplied by four (4).
 - If a gymnast is able to complete only three (3) events, the scores she obtained in the first three events will be added together and divided by three (3). The newly derived score will then be added to the scores obtained in the first three events.
 - Should the gymnast be unable to complete both the first and second days of competition, the (1) second score plus one from the Championship days of the USA will be multiplied by three (3) to derive the second Train ranking score.

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SWING WITH A GYMNAST

C - PRAYER

Black Letters/Pink Shirt

The Gymnast Prayer

*Note as I learn up for this next,
I pray my competition I can beat.
And if I fail amidst the cheers,
I pray I can hold back my tears,
And one more thing, success or not,
I pray the creator of the beam be shot!*

B - GO FOR IT

Red Letters/White Shirt



G - PRACTICE

Blue Letters/White Shirt



H - MOVE OVER

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T H E BATTLE O F T H E BATTEMENT

By Dr. Carolyn Cody
and Cynthia Howell

The word battement is dance terminology for kick. In gymnastics the kick may be executed as a balance skill which shows flexibility or as preparation for a locomotor or tumbling series. When used as a balance skill, the gymnast must have her weight centered over the

ball of the support foot, and thus be "in balance." When the kick is used as preparation for tumbling or a locomotor pass, the forward lift of the leg serves to pull the body forward, off balance, and thus initiate forward momentum.

What does the battement (pronounced bah-tay-mant) have to do with you? If it is being executed incorrectly, it is receiving deductions in your routine. Poorly executed skills also cost you in terms of extra energy expenditures. With a few hints on correct technique, the battement will become a complement in routines instead of a battle that must be overcome prior to tumbling or dance passes.

During execution of a battement, the body forms two distinct straight lines. These lines are what judges view and evaluate. The



first line is formed by the support leg, torso and head. The line begins with a flat foot or relevé (on toes), followed by a straight knee, a leg and upright back and, finally, the head supported on top of the torso. The second line is created by the kicking leg.

This line should be straight from the hip socket to the point of the toe.

Errors in the battement occur as a result of failure to maintain these two straight lines. The most common errors, and those most difficult to correct, occur in the line formed by the support leg, the torso and the head. It is difficult to have an error in only one body part or line segment. When the knee of the support leg bends, what most often follows is a corresponding break at the waist, followed by a dropping forward of the chest and head. This particular error often occurs when the gymnast lacks adequate flexibility or when she is attempting to kick higher than her flexibility will allow. Errors in alignment of the kicking leg, a bent knee and/or flexed foot, tend to be the result of sloppy performance and lack of concentration. These errors can be corrected with minor effort on the gymnast's part.

The deductions for the kick, a rather easy skill, can be hefty. Poor alignment on the kick can range from 3-4, lack of flexibility in skills can be up to .3. If this is followed by a loss of balance, which often results from poor alignment, the total deduction for a poor kick can be much higher.

To perform the battement without error a few hints may be helpful. First, use the floor as resistance. Push or brush the feet along the floor.

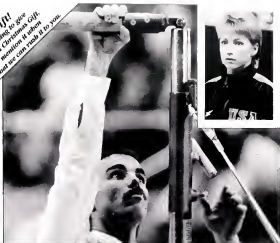
When the feet lose contact, continue the momentum initiated to the height of the kick. This method avoids overuse of the quadriceps muscles. Using the quads also requires the gymnast to do more work to lift the leg. Energy should be saved for the tumbling pass. The battement should be a breath-catching moment in the routine, not a task.

After using the floor for resistance try this imagery as an aid. Imagine that you are sending energy (a laser beam if you wish) out of the top of the head and out of the toe of the kicking leg. Energy can travel through a straight channel, but will be cut off if the line of the body is bent.

Putting both methods together should result in an eye-catching skill or preparation, instead of a costly deduction. Practicing perfect form in a battement can only be a benefit to the gymnast, and that's half the battle.

Don Yamashiro of SCAPA is very straight with her battement. (USCA photo © 1986 by Dave Black).

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If you are going to give this video as a Christmas Gift, be sure to mention it when ordering so that we can pack it to you.



The new *Pad Drill* Video will help you score higher by improving your basic form. Developed by Greg Marsden (above), coach of six consecutive national collegiate championship teams. Demonstrated by Megan Marsden (inset), twice national collegiate all-around champion.

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